Why Your Dog Doesn't Like Other Dogs + Everything About Puppies!

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SPRING 2023

OUR INCREDIBLE BOND

Why We Love Dogs

THE PUPPY ISSUE!

p34

Healthy HAPPY Dogs

Longevity Hacks

Find Your Breed Match

Socialization Secrets

Expert Training Tips

+ Excess Energy Busters

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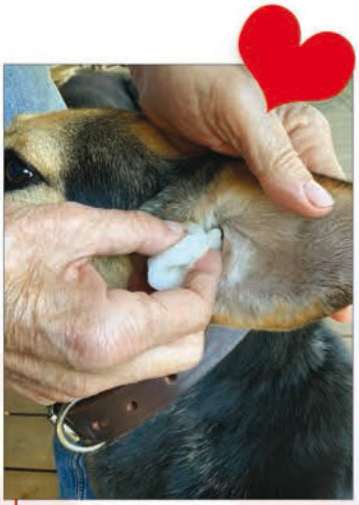

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CONNIE WILSON WITH PENNY, PHOTO KHAREN HILL

Ah, puppies. Adorable or incorrigible? Depends on your perspective—and your approach. These too-cute mischief makers can quickly turn from "best idea ever" to the cause of a "what have I doooooone?" existential reckoning. (Author Sonia Jones knows all about this—turn to **page 62** for her musings on the moments of deep regret that can accompany adopting a very challenging pup. Spoiler alert: it was all worth it.)

There's a good reason many prefer the charms of older dogs—puppies can bring a lot of chaos to your life. We're here to arm you with knowledge and the right gear to easily raise a good canine citizen. On **page 34,** expert dog trainer and behavourist Teoti Anderson breaks down everything you need to know about puppies, from how to choose the right pup to essential things to expose your puppy to. We've also rounded up all the essential puppy gear and share our favourite, tested and approved picks! If you're well past the puppy stage, happily skip the house-training tips and let us help you address the aches and pains in older hips, tackle shedding season with ease, and reflect on the incredible joys a bonded partnership with a canine bestie brings. We've got fun activities, massage techniques, tips for handling dogs that don't like other dogs, and other expert behaviour advice. We explore interspecies friendships, share reader-submitted Tiny Dog Stories, test the comfiest dog beds, and so much more! Dive on in. We're so glad you're here.

With love,

Connie

Connie Wilson, Publisher & Editor-in-Chief

OUR READERS WRITE

Bedtime Stories

"Mommy will you tell me all about the latest treats?".—***@islagmd***

We have the cutest readers

Don't mind me, just reading the latest issue of Modern Dog magazine!
—***@loki.the.shihtzu_***

Mookie's a fan

My family loves your magazine. This is Mookie. She's half Pug, half Boston Terrier. She loves finding sticks, and playing fetch the second she steps outside. Her favourite hobbies include cuddling in bed, and chewing on her squeak toys.—***@mookiecantswim***

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CONTRIBUTORS

Sonia Jones, often referred to on the streets as "where's your dogsled?", is a blogger and YouTuber from Vancouver, BC. She and her husband, Dustin, play the role of sidekicks to three precocious toddler-Huskies. In 2016, they drove across Canada (and back) in a Mazda 3 hatchback with all three dogs, a journey they dubbed Huskies in the Hatch. After tragically losing their first Husky, they welcomed chaos into their home—during Covid—in the form of a tiny puppy named Poppy. Turn to **page 62** to find out why she is affectionately dubbed "Satan" and how she (almost) ruined their lives.

This issue's entirely adorable cover was shot by **Shaina Fishman,** an enormously talented commercial photographer specializing in domestic animals for advertising campaigns, packaging, and pro bono work for rescue groups. Shaina's known for her modern approach, capturing images that are playful, humorous, and personify her animal subjects. Check out her two published books, *Between Two Dogs* and *Puppies and Their Parents*. To see more of her wonderful work, visit shainafishman.com or @shainafishman on Instagram.

E.B. Bartels is a nonfiction writer, a former Newtonville Books bookseller, and a GrubStreet instructor, with an MFA from Columbia University. Her work has appeared in Salon, Slate, WBUR, LitHub, Catapult, Electric Literature, and The Millions, among others. She is the author of *Good Grief: On Loving Pets, Here and Hereafter,* a narrative nonfiction book about loving and losing animals. E.B. lives in Massachusetts with her husband, Richie, and their many, many pets. Turn to **page 28** for her recounting of love found through pets lost.

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Editor-in-Chief
Connie Wilson

Editor & Creative Director
Jennifer Nosek

Design & Production
Constance Elwes

Sales & Marketing
Linda Helme

Comptroller
Cecilia de Roca Chan, CPA, CGA

Marketing & Sales Coordinator
Simran Parekh

Audience Development Coordinator
Yaunna Sommersby

Subscriptions & Office Administration
Anna Regino

Administrative Assistant, Sales & Marketing
Mina Zivkovic

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Stuff We Love

Modern Dog staffers' picks of the litter!

1 Earth Friendly pee pads from Wizsmart swap fossil-fuel plastic for sugarcane-based bioplastic mixed with recycled, unused diapers for a **more sustainable solution that's still ultra-absorbent,** leak-proof, and controls odours. Patented tabs keep the pad in place!—***Mina*** (from $30, *wizsmart.com*)

2 A better chew. Redbarn's Collagen Braid chews bust boredom while supporting dental and joint health! Recommended for all types of chewers, these chews are all-natural, grain-free, and made from beef-hide for long-lasting enrichment (don't forget to monitor all chew sessions).—***Frankie*** (from $5, *redbarn.com*)

3 Banish the vet bill scaries! Nationwide pet insurance plans let you visit any vet and get your money back.—***Anna*** (Plans starting at $35 a month, *petinsurance.com*)

4 Sensitive stomach? The Minimalist dog food from Molecular BioLife follows a "basic, instinctive whole food diet," offering an organic plant-to-animal protein balance designed to maintain gut health and support flexibility and bone health. —***Naya*** ($129, *mbipet.com*)

5 Feel good about your carpeting again. Chem-Dry Pet Urine Removal Treatment services use a unique, deep cleaning process to penetrate carpet fibers and remove urine crystals, getting rid of 99.9% of pet odours.—***Constance*** (*chemdry.com*)

6 With MSM, glucosamine hydrochloride, green lipped mussel, chondroitin, and hyaluronic acid, Flex-All Plus from McIntosh Pro Line **supports healthy joints,** minimizing joint pain and increasing joint repair.—***Yaunna*** (from $22, *mcintoshproline.com*)

7 No more carrying a bag full of poo on dog walks! Let Dooloop do the dirty work for you. This nifty little device—woman-made in Maine from non-toxic, recycled plastic—holds the dog-waste bag, so you don't have to!—***Jennifer*** ($9, *thedooloop.com*)

8 Your pooch will look dashing in an Our Kind Apparel **dog bandana.** Choose the slogan that fits (Friendly, Bad Girl, Lone Wolf, Shapeshifter…) for an adorable dog-park conversation starter.—***Shakira*** ($16, *ourkind-apparel.myspreadshop.com*)

9 Hydrate on the go! Spleash attaches to almost any leash, providing a convenient handle that doubles as a fresh water reservoir so your dog never goes thirsty!—***Jory*** ($35, *spleash.com*)

10 This may be **the coolest way to remember a loved dog.** Memorial Reefs International combines ashes into Reef Ball technology and sinks the memorials to help rebuild coral reefs, creating new life out of loss.—***Cecilia*** (from $40, *petreefs.com*)

11 Always know where your dog is with the Pawfit 3s pet location and activity tracker, featuring **real-time GPS location tracking** with unlimited range, activity monitoring, voice commands, and more. Durable and waterproof, it's built for adventures.—***Simran*** (from $130, *pawfit.com*)

12 What would happen to your dog if you were hurt or injured? **Ensure your pets are taken care of in an emergency situation** by wearing a stainless-steel Save My Pet Pendant engraved with your pet's info and an emergency contact.—***Linda*** ($40, *savemypetidtag.com*)

13 If your dog digs or **destroys parts of your lawn,** these Rapid Repair Pods are a genius fix! Simply drop the water-soluble pod where your lawn needs it, water, and you'll see results in seven to ten days!—***Connie*** ($15 per pack, *rapidrepairpods.com*)

14 Made with natural chicken and wild tuna, the Churu Bites Chicken Recipe Wraps from Inaba combine a soft-baked exterior with that creamy Churu filling dogs go crazy for. Ideal for puzzle toys and training rewards!—***Pippin*** ($5, *inabafoods.com*)

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RAPID REPAIR POD
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COME, LUNA! COME, MAX!

Most popular dog names of 2022 revealed

The American Kennel Club, the world's largest purebred dog registry, has released its list of the most popular dog names of 2022. According to AKC registration statistics and Canine Partners enrollments, the most popular girl's name of 2022 was Luna, and the most popular boy's name was Max. At the bottom of the list was Zola for girls and Willie for boys.

Herewith, the top 10 dog names for 2022.

Did your dog's name make the list?

GIRL NAMES

1. LUNA
2. BELLA
3. DAISY
4. LUCY
5. WILLOW
6. PENNY
7. SADIE
8. MAGGIE
9. ROSIE
10. RUBY

BOY NAMES

1. MAX
2. MILO
3. COOPER
4. CHARLIE
5. TEDDY
6. TUCKER
7. BUDDY
8. BEAR
9. ROCKY
10. LEO

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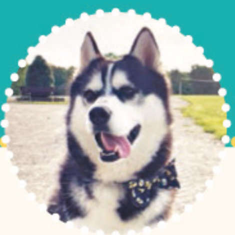


Breed: Siberian Husky

Hometown: Concord, NC

Age: 4 years old

Favourite food: Scrambled eggs

Favourite toys: Stuffed carrot toy and Kong squeaky ball

Favourite activity: Walking and playing with his friend Holly the Golden Retriever

Quirk: His lip getting stuck on his teeth!

Talent: He sits up on his hind end and sits pretty, he knows stay—which is a big deal for a Siberian Husky—and he has great recall!

STAR DOG

Say hello to our Star Dog photo contest winner, Siberian Husky Finnegan!

Finnegan's guardians, Dawn Goldsmith and her husband Christopher Goldsmith, are our kind of people through and through—dog lovers, proponents of their chosen breed, and stalwart rescue advocates.

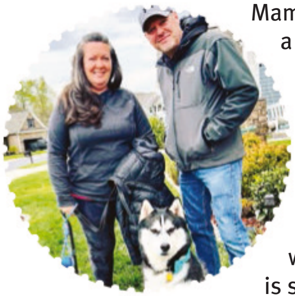
"We have been owners of rescued Siberian Huskies for 15 years," shares Dawn, who has volunteered for Southern Siberian Rescue in Raleigh, NC, for the last 13. Finnegan—or Finny, as they call him—is their third rescued Siberian Husky.

The couple rescued Finnegan after losing both their senior Huskies, Meeko and MyaJune, in the span of four months. "It's been the most heartbreaking of times, but Finnegan has been our heart healer," says Dawn.

"He is sweet, silly, affectionate, and loves all other people and dogs. He has been the biggest blessing."

Dawn's first dog as an adult was MyaJune, who she rescued at five months from a family who found her too much to handle. "We learned very quickly that the reason her original family gave her away would be just one of many reasons people find they cannot handle this breed," says Dawn. "We are honored to have become some of the chosen."

From her love for one dog, Dawn became a canine nutritionist, a breed educator, and a rescue advocate.



"My life changed for the better in so many ways," she says. "We gained a whole subset of responsible dog-loving friends. We belong to a wonderful northern-breed community of fierce advocators for the breed. We started a hiking group in the Charlotte area that has been active since 2010." She even started her own small business, Mama Dawn's Doggy Biscuits, after a few years of baking for MyaJune and Meeko. "All it took was for a friend to say, I believe you have a business there, so I took it and ran with it!" she laughs.

"We live our lives for and with our dogs. Our daily routine is solely around their happiness. Two walks and four miles a day, treats, and homemade dinner. We camp, hike, and go on vacations with our dogs. We want to thank all our lovely family and friends who voted for Finny to win this contest every day for eight weeks!"

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SNOOP DOGGIE DOGGS

Snoop Dogg's new pet accessory line brings Compton to canines

Snoop Dogg, the larger-than-life entertainment icon and entrepreneur, has entered the pet accessory space, and the offering is as gloriously over-the-top as one would hope. The Snoop-style pet apparel line includes hits, like a pet baseball-hat complete with Snoop Dogg's trademark braids on each side and dog toys shaped like doobies, boom boxes, and chain steering-wheels. Throw on one of the emblazoned bandanas or hoodies and your dog is straight outta Compton.

"If my dogs ain't fresh, I ain't fresh," Snoop is quoted in a press release. "These dogs and their apparel are a reflection of Tha Dogg himself, so they gotta look the role of a Top Dog, ya dig?!?!"" Straight from the mouth of the Dogfather, folks.

From plush toys, bowls, leashes, and more, your dog can now live the full Snoop Dogg lifestyle, right down to recreating some of Snoop's most iconic looks. The pet apparel line leaves no one out, with collections including "Off the Chain" and "Boss Lady" and sizes ranging from XS – XL. Head to *SnoopDoggieDoggs.com* or Amazon to check out all the fresh styles.

PHOTOS XXXXXX

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Rescued By a Dog host Laura Thomas.

PUP PODCAST

Heartwarming new podcast tells the stories of dogs who have saved their owners' lives

A new, critically-acclaimed podcast is set to enliven your morning commute. *Rescued By a Dog* tells the stories of dogs who have actually saved their owners lives. These feel-good happy-cry stories are everything that the world needs right now.

"Dogs, in my opinion [are] the greatest gift bestowed upon humankind," says host Laura Thomas, whose passion for her subject matter rings through each episode. Thomas knows her métier, having spent over a decade working on animal-related documentaries, as well as managing a big team at the nation's largest "No Kill" shelter.

Her podcast is clearly hitting a note. The Season One finale (*"When Danelle falls off a cliff, Taz is her only hope of survival"*) garnered tens of thousands of social media hits and landed the podcast in the top 10 percent of pet podcasts in the US. Season Two, which premieres February 11, kicks off with the story of nationally-renowned dog trainer Matt Beisner, star of Nat Geo's *Dog: Impossible*. Beisner shares the story of how his rescued Jindo pup, Renge, singlehandedly helped him overcome his life-threatening addiction demons, transforming him from a jobless, suicidal alcoholic (one scared of dogs, no less), to a passionate dog advocate and recognized dog trainer with boundless gratitude for life.

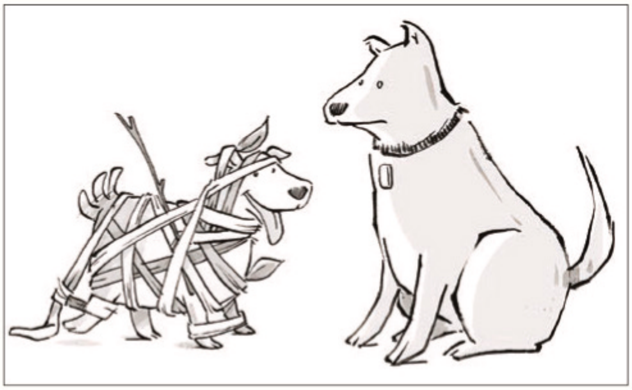
"It's an epic, heartwarming story," says Thomas. "Right now, our world feels heavy and divisive, and I wanted to create something to lift people out of that heaviness. I wanted to show people the goodness and love that is still all around us. Dogs give us the simple magic that the world needs right now."

Find *Rescued By a Dog* wherever you enjoy your podcasts.

*** If a dog saved YOUR life, you can email your story to *rescuedbyadogpodcast@gmail.com*.**

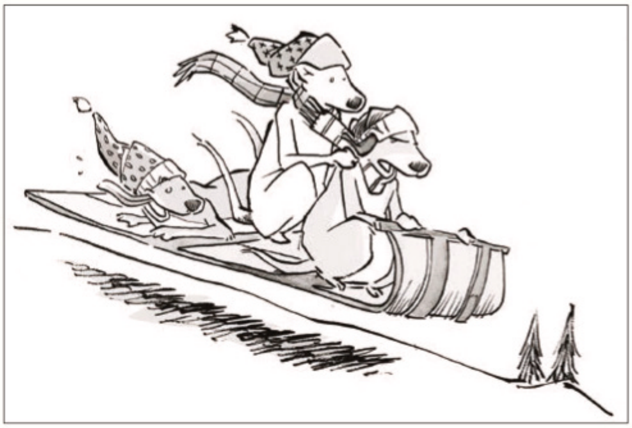
CAPTION THIS!

Exercise your funny bone. Create a caption for this cartoon and submit your entry at *moderndogmagazine.com/cartooncaption*. The most comic captions will be published in the next issue.



CARTOONS BY JOHN KLOSSNER; JKLOSSNER.COM

AND THE WINNING CAPTION FROM THE WINTER ISSUE IS...



"Better to be steering the sled than pulling, Fred,"

Submitted by Jeff Sawyer

RUNNER-UP CAPTIONS

"And you said I'd never be a sled dog."

Submitted by Robert Welch

"They call us 'Drool Runnings.'"

Submitted by Michael Holmes

"You should have thought of that before we left."

Submitted by Scott Finbar

"The sign's wrong. There's no bunnies on this slope."

Submitted by Joseph A Dewan

PHOTOS ANDREA ALTMAN

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SMILE!

Modern Dog's Photo Contest Winners!

HEINZ
American Labrador

CASH
Miniature Dachshund

SCOOTER
Chi Mix

JAX & REMY
Pit Mix & Shepherd

ALPINE
Shepherd

LILLI NOEL
Biewer Terrier

JACK
Shepherd Cross

MARLEY
Bulldog

RYLEIGH
Airedale

LUNA
Shepherd Huskie

DELILAH
Chihuahua

NOSI
American Bully

PIPER
Schnauzer Mix

TUCKER
Labradoodle

GRACE
Blue Heeler

HENRY
Goldendoodle

BENJI
German Shepherd

FRANKIE
Havanese

RIZZO
Boxer Pit Bull

JOJO
Beagle/Hound Mix

SKYE
Miniature Australian Shepherd

BRUNO
Australian Cattle Dog

MURPHY
Australian Labradoodle

ZEUS
Pit Bull Mix

LEIA
Aussi Shepherd Mix

ROCKY
Lab Mix

PUDDLES
Chihuahua Terrier

BOOGIE
Shiba Inu

ROCKET
Nova Scotia Duck Tolling Retriever

MALIA
English Shepherd

PORSHA
Chihuahua

THINK YOUR DOG OUGHT TO BE IN MODERN DOG?

Upload your dog's photo at ***moderndogmagazine.com/ photocontest.*** Not only will he or she be entered to be our Dog of the Week, but a selection of the photos entered will appear on these pages!

Great Giveaways

ENTER TO WIN

We're giving it away! Enter to win fabulous giveaways each and every week in March, April and May. Go to **moderndogmagazine.com/giveaways** to enter! Lucky readers will win every week.

INSET PHOTO: ZOYA/GOLDEN RETRIEVER SUBMITTED BY THE WOODS/ KENT, WALKING

March

1st-7th

Win 1 of 3 Spring eye and ear care prize packs from **Vetericyn!** Includes a bottle each of the Vetericyn Ear Rinse, Antimicrobial Eye Wash, and Eye Gel.

8th-14th

Win 1 of 10 bags of "Hush Puppy" Calming CBD+ soft chews from **Okoa Pet!** These chews are a safe and natural solution to help your pooch relax.

15th-21st

Win 1 of 2 collar and leash sets from **Auburn Leathercrafters!** Winners will get to choose either a Side-Release Buckle Collar or Standard Buckle Collar and a Combination Harness/Leash.

22nd-31st

Win 1 of 3 **Snoop Doggie Doggs** Deluxe Off the Chain Pet Bowls in gold or silver! Your pet will dine like royalty with this polished bowl with real chain trim.

April

1st-7th

Win 1 of 2 boxes of chews from **Barkworthies!** Each box includes eight bags of their best-selling dog chew variety packs.

8th-14th

Win 1 of 2 canine supplement prize packs from **Imagilin!** Includes bottles of MitoMax JH (Joint Health), MitoMax UH (Urinary Health), MitoMax DH and freeze-dried apples MitoMax DHFD (Digestive Health).

15th-21st

Win 1 of 2 $200 gift certificates for **Chem-Dry** carpet and upholstery cleaning services! The Chem-Dry teams offer a deeper, healthier clean that is safe for children and pets.

22nd-30th

Win a Memorial Reef from **Memorial Reefs International!** Includes a memorial, custom plaque, Keepsake Certificate, photo, and GPS coordinates of the reef. Ashes not required.

May

1st-7th

Win 1 of 2 dog grooming prize packs from **Pride + Groom!** Includes their deluxe grooming set, a towel, and bottles of shampoo, conditioner, and cologne.

8th-14th

Win 1 of 3 solid stone sculptures from **Carruth Studio!** These handmade plaques feature three breeds of dogs welcoming guests to your home! Looks great on a porch or deck.

15th-21st

Win 1 of 3 dog treat-and-food prize packs from **Northwest Naturals!** Includes two small bags of freeze-dried treats and two boxes of raw nuggets in the protein of your choice.

22nd-31st

Win 1 of 3 PetSafe Train N Praise Treat Dispensers from **Reconcile** (fluoxetine hydrochloride)! Reconcile is FDA-approved for the treatment of separation anxiety in conjunction with a behaviour modification plan.

No purchase necessary to enter or win. Beginning March 1, 2023 at 12:01 AM (PST) through May 31, 2023 at 11:59 PM (PST), enter each day at *moderndogmagazine.com/giveaways*. Each week's giveaway ends at 11:59 PM (PST). Each week, the specified number of winners for that week's giveaway will win the prize featured in the giveaway calendar (ARV: $200). Odds of winning depend on the number of entries received. Contest is open to legal Canadian and US residents 18 and older as of date of entry. Void in Puerto Rico and where prohibited by law. Giveaway subject to complete official rules available at *moderndogmagazine.com/giveaways*.

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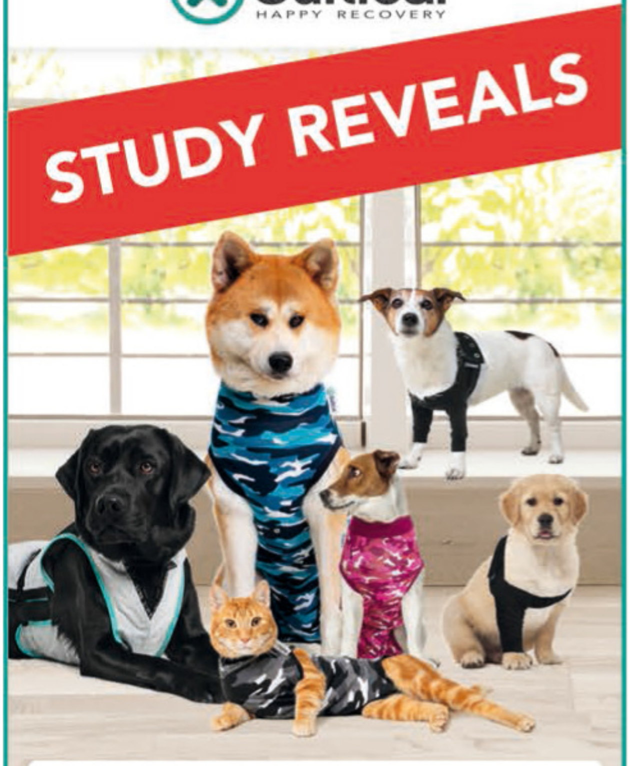
STUDY REVEALS

77.4% OF PET OWNERS REPORTED POORER QUALITY OF LIFE IN THEIR PETS WHEN WEARING A PET COLLAR.

Sounds are amplified, they bump into furniture... They should recover comfortably and with minimum stress!

Read more about the study in our blog: Scan the QR code or visit our website:
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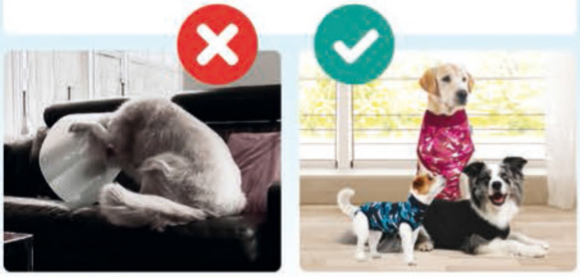

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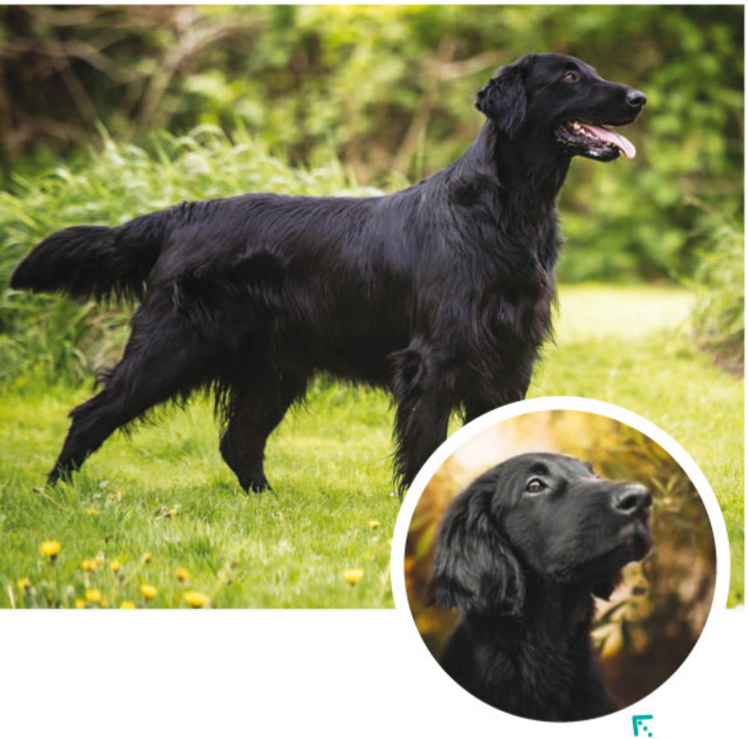
The 4 Lesser-Known Retrievers

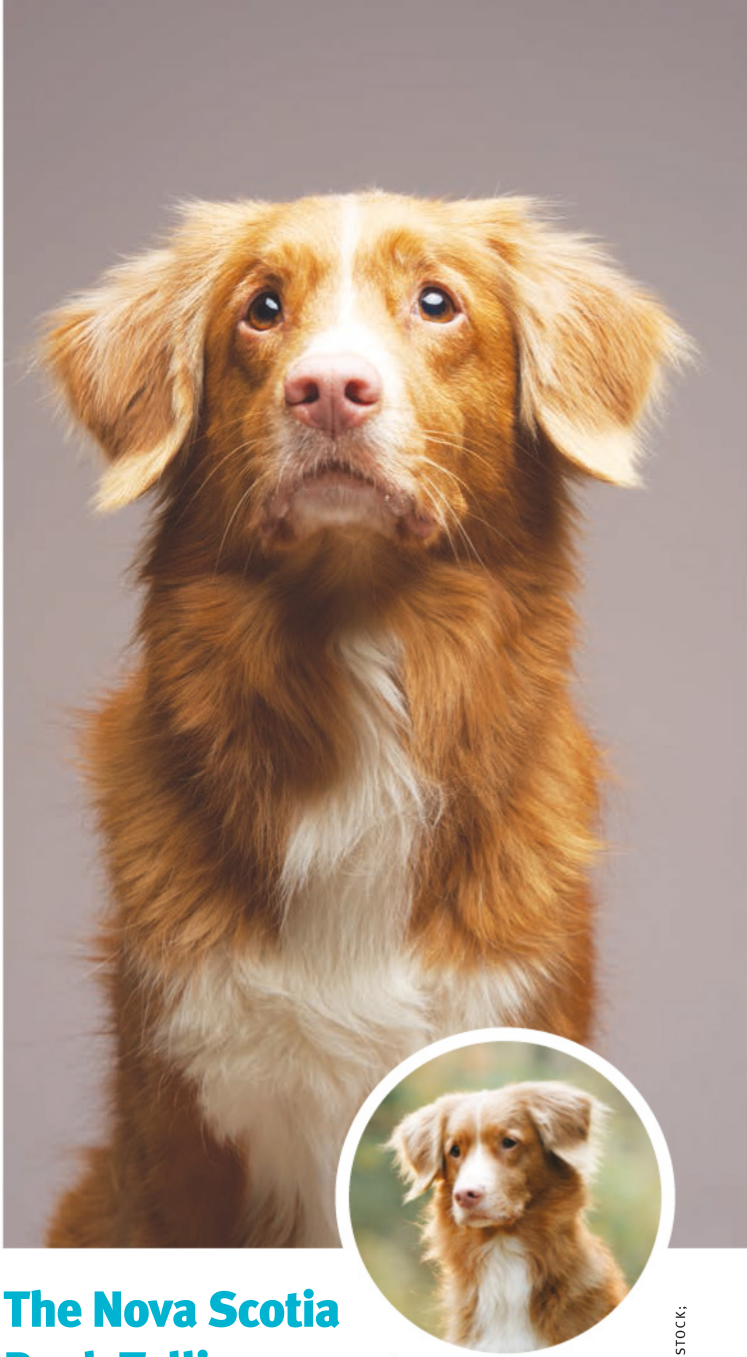
Have you met all six types of retrievers?

When people talk about retrievers, they almost always mean a Golden or a Lab. But there are actually six types of retrievers, including the Flat-Coated and Curly-Coated. Let's meet the four lesser-known but equally wonderful retrievers!



Flat-Coated Retriever

The joyful, tireless, trainable Flat-Coated Retriever is a champion tail-wagger known for its irrepressible *joie de vivre* and cheerful optimism. These happy dogs aim to please and are noted for their forever-young spirit. Flat Coats resemble a leaner Labrador Retriever but with a longer head. The AKC notes a "smart and kindly expression." The trademark flat-lying coat comes in black or liver and features feathering at the legs and tail. This cheerful, very energetic breed excels at flushing birds and requires plenty of outdoor activity.



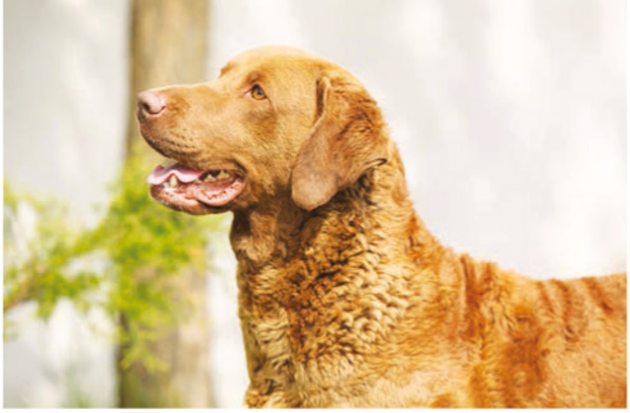
The Nova Scotia Duck Tolling Retriever

The Nova Scotia Duck Tolling Retriever is the smallest of the retrievers and one of the few breeds indigenous to Canada. Tollers were originally developed to assist hunters by tolling—dancing on the shore like a fox to entice waterfowl—and then retrieving the birds once shot down. Known for their trademark beautiful red coat, Tollers are affectionate, outgoing, smart, and enthusiastic. These dogs need to keep busy, like to wallow if they find mud/water and make a unique screaming sound to indicate readiness. These "Little Red Retrieving Machines" are definitely not for everyone, though their charms are many.

▶▶ LOOKING FOR YOUR BREED MATCH?
Find more breed profiles at *moderndogmagazine.com/breeds*

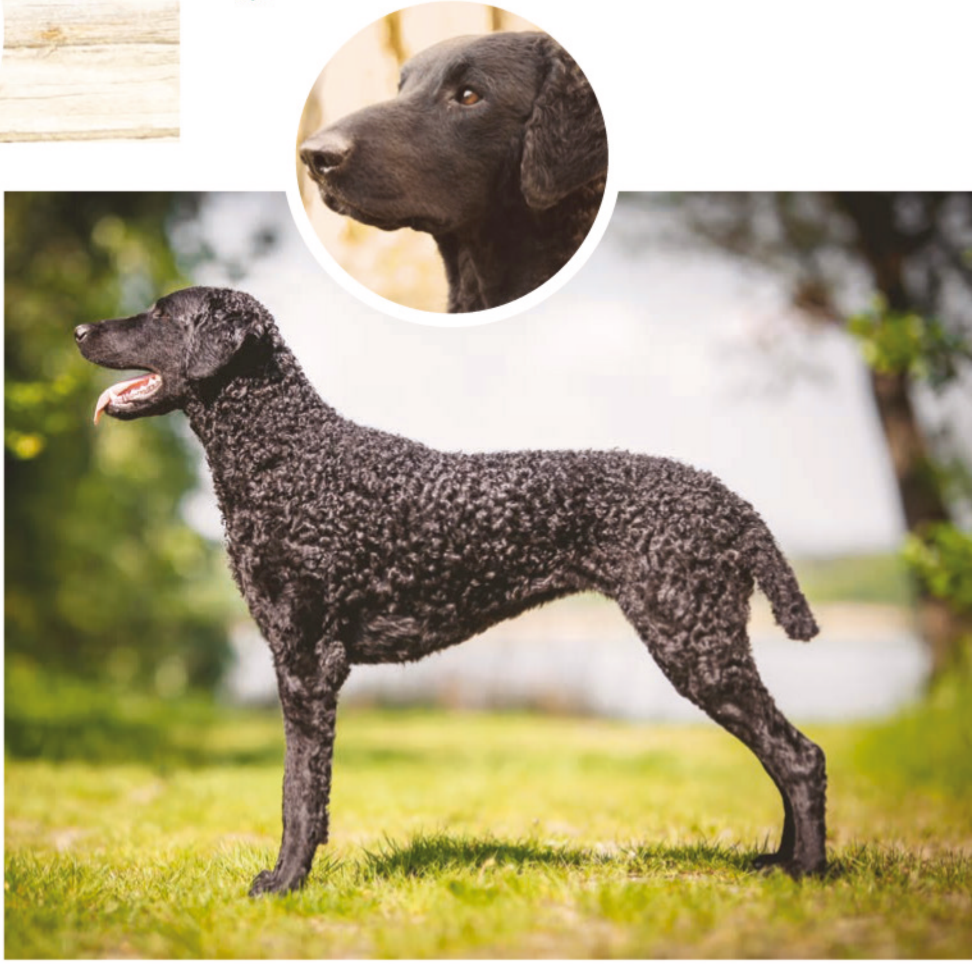
THIS PAGE PHOTOS LEFT: KIMKUEHKE/ SHUTTERSTOCK; LEFT INSET: LELUSY/ SHUTTERSTOCK;
TOP RIGHT: ANNA-AV/ SHUTTERSTOCK; RIGHT INSET: ANNA-AV

Chesapeake Bay Retriever puppy.



Chesapeake Bay Retriever

The Chesapeake Bay Retriever's coat and personality are unique among the retrievers. The Chessie's famously wavy, waterproof coat is the quickest way to ID this dog—it's oily to the touch and a unique chocolately brown, sedge or dead grass colour. Yellow-amber eyes complete the look. The strong and powerful Chessie was bred to endure some of the toughest conditions—wind, waves, and icy waters—and, as a result, his breed has a tenacity that sets it apart from the pack. The Chesapeake Bay Retriever NEEDS a job to do in order to be happy (and in order for you to be happy, too). Bright and sensitive, they take to training but can have a mind of their own. Protective toward their people and not overtly friendly to strangers, they can make great watch dogs and excellent outdoor companions.



The Curly-Coated Retriever

You can easily recognize the elegant, super-smart Curly Coated Retriever—the least common of the retriever bunch—by its tapered, wedge-shaped head and the tight set of crisp curls that covers its body. The Curly's personality also sets it apart. Though affectionate, loyal, and playful with family, the Curly is more aloof with strangers than Goldens or Labs. Bred to be a gundog, the Curly is an incredible, tireless athlete and swimmer known for high intelligence and endurance. Discerning and independent, this is a dog that needs a lot of exercise and engagement. A bored Curly will find something to do—and you may not like their choices.

PHOTOS TOP LEFT JP PHOTO/BIGSTOCK.COM; INSET LEFT CONSAUL PHOTOGRAPHY/BIGSTOCK.COM; TOP RIGHT ZUZULE/BIGSTOCK.COM; BOTTOM RIGHT NIK174/SHUTTERSTOCK; INSET RIGHT MATTHIAS MAHLSTET/SHUTTERSTOCK

THE SPRING GEAR LOOKBOOK

Staff favourites and current obsessions.

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robinslovingtouch.com

BOBS Apparel Rescued is My Favourite Breed Tee from $22;
bobsfromskechers.com

Petshop Dog Line Stoneware Mug $17;
petshop.fringestudio.com

Welcome Puppies Plaque
$47; *carruthstudio.com*

FOR GROOMING

Itch Relief Shampoo Bar $10;
simplysagedogtreats.com

Simply Shine Deep Conditioner
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Botanical Dog Shampoo
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Lyxvara EZ-Derm Facial & Tear Stain Wipes
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FOR FOODIES

PetCakes Complete Baking Kit for Dogs
$25 ; *iLovePetCakes.com*

Nutrience Subzero Freeze-Dried Beef Liver Treats
$10; *nutrience.com*

Dog Chews Variety Pack
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Chicken Soup for the Soul Savory Snacks Chicken Dog Treats
$7; *chickensouppets.com*

FOR WALKS

Cotton Rope Leash
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Front Harness Bark Woof
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BB Sport Harness
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Dead Dog Love Story

Finding love through pets lost

By E.B. Bartels | Illustration by Michelle Simpson

When Richie and I met—a bitterly cold night in January 2012 at a South Boston dive bar—three things dominated our first conversation: our terrible nasal problems (Richie also has horrendous allergies, and I was getting over a sinus infection when we met), our love of large American-made cars (at the time Richie drove a 1986 Chevrolet El Camino, and my first car had been my grandparents' 1993 Cadillac Sedan DeVille), and our dead dogs. Richie and his family had just put down their family dog, Cocoa, a month before we met in December 2011. Though by January 2012 my childhood dog Gus's death was more than five years behind me, listening to Richie talk about how hard it had been to watch Cocoa collapse, how the vet hadn't warned his family how quickly it would happen, I felt all the old feelings come up again. It was hard to listen to, but at the same time, it felt good to talk about. Richie missed Cocoa; I missed Gus. This guy didn't think it was weird at all to get choked up talking about our dead dogs over bottles of Narragansett in a loud bar.

Soon after Richie and I met, I moved to New York for an MFA program while he stayed in Boston. While we were not officially dating during this time, we kept in touch, and I told him updates I got from my parents about how my other childhood dog, Gwen, was starting to decline. By July 2013, a year-and-a-half after we'd met, I was living with my parents at their summer house between semesters of grad school, and it was Gwen's time. She was euthanized at a small veterinary practice in Connecticut, and we brought her body back to my parents' house, where we buried her in the yard under a brilliant blue hydrangea bush.

When I texted Richie that Gwen was gone, he knew how to be there for me. He called me that afternoon after we had buried Gwen, and we talked for the better part of an hour. Richie gave me space to remember Gwen—how we would know a thunderstorm was coming when she would hide behind the bathroom door, how in her "cocktail years" she would only eat chicken lovingly prepared by my mom and not store-bought dog food, how she would flush pheasants from the tall grass, how she always got carsick, the one time she killed a snake, how Gwen would snuggle into the corner of the sofa next to you. Talking to Richie, I was able to remember all the things about Gwen that made me laugh and brought me joy, which helped remind me why having a dog is worth it, despite the terrible grief I was feeling at that moment. In fact, I was only feeling such terrible grief because it had all been so good—and I realized that I wouldn't trade the good parts for a minute just to avoid how I was feeling now.

"It's like choosing never to date or love someone because you might break up one day," Richie said. Better to have loved and lost, I thought, than never to have loved at all.

Richie continued to check in, texting me to see how I was doing, and he sent me a sympathy card and David Bowie's album *Low* on vinyl to make me feel better because I was feeling "*low*." He got it. It still sucked that Gwen was gone, but it felt good to know someone understood.

After finishing my program in New York, I moved back to Massachusetts and

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into an apartment in Cambridge, where Richie eventually moved in with me. He brought his bass and guitar, his fish tanks and bonsai trees, and, of course, he brought his dead dog's leash with him, too.

"This was Cocoa's," he told me, showing me the worn green leash as he unpacked. "We have to hang it by the door." I didn't question it—people do what they need to do to remember their pets. Richie explained: "That way, in case there is a fire, I can grab it on my way out." I nodded; this made perfect sense to me. We put a nail in the wall, and the leash hung down by the door as if Cocoa's ghost was ready to be taken for a walk at any moment. The strip of green looked lonely on the white wall all by itself. We studied it together, and then I said, "Wait, I have something to add."

I went to the bedroom and over to my jewelry box where mixed in with my rings and pins and beads and buttons, were two collars—a thick, worn blue one that had belonged to Gus, and a thinner, cleaner pink one patterned with white paw prints that had belonged to Gwen. I hooked the two collars up on the nail with the leash. "Now, if there is a fire, they're all together."

Richie nodded. He understood, and, not only that, I felt that he respected my grief and honored my love for my past pets, and let it have space in our home. Pets are family members, and Richie knows that you don't tell someone to "get over" their grief when a family member dies. Richie knows that even long after a pet is gone, talking about that pet, sharing your favourite memories are a way to keep your loved one alive. Not only does Richie understand all this, but our families do too. Growing up, my dad told me stories about his old dogs—Prince and Brand— and I thought of them as my family elders in the same way I thought about my great-grandparents or long-lost cousins. When I first went over to Richie's parents' house, I noticed right away the framed photo of Cocoa next to the box of her ashes and a small stuffed brown dog on the bookshelf.

> **"In fact, I was only feeling such terrible grief because it had all been so good."**

In 2018, I had already known—for all these reasons and many others—that Richie was the person I wanted to spend the rest of my life with, but the moment that really sealed the deal was when my parents told me they were going to sell their summer house. I understood their reasoning: too much house, too much work, too many expenses, they were getting too old. But I wasn't listening to their reasoning—all I could think about was Gwen. If my parents sold the house, what would happen to the skeleton of a fourteen-year-old Cairn Terrier buried under a hydrangea bush in the backyard?

Even death is impermanent, it seems. There is no final resting place. The house that my parents were selling—I knew they wouldn't have it forever. With me and my siblings grown up, they didn't need all that space. I knew it was coming. And, yet, I didn't think about that when we buried Gwen in the backyard. In our grief, at that moment, it just seemed like the right thing to do. Gwen loved that house. She sat under a hydrangea bush in the summer when it got too hot, enjoying the blue flowers' cool shade. This is where she would want to be for eternity, I had thought then. But now, knowing the house was to be sold, I began to breathe shallow, fast, breaths. Would Gwen forgive us for selling her grave out from under her?

I began to cry when I got off the phone with my parents, and before I could even say anything, Richie gave me a hug and said, "If you and your parents want, I'll dig her up." I started crying harder—now not just from the grief of losing Gwen's final resting place, but from an overwhelming sense of gratitude for how generous and understanding Richie was in that moment. No one, it had seemed, understood dead pets more than Richie, and here he was now offering to exhume the body of my five-years-dead dog if it was what my parents and I wanted.

I felt so alone in those moments watching Gus and Gwen sink down onto the vet's stainless-steel table, pink tongues flopping out at unnatural angles—but I wasn't. I never was. My parents were in the room with me—they got it. The vet was there, too—she got it. So did the vet techs and the animal hospital receptionists—they got it. The people who commented on my Facebook memorial posts, who mailed sympathy cards, who texted to see how I was doing—they got it. Richie, his family, my friends—they all got it. When you love animals, you have to find your people. It may seem counterintuitive, but that's what it's all about. When an animal you love dies, the thing you need the most to help you get through it is a community of fellow human beings. When Richie and I finally got married in the summer 2021, I knew that we would have each other in sickness and in health, in the hard times and the good, and we would be there for each other every time an animal we loved died.

In the end, my parents sold the house and we left Gwen buried in her spot under the hydrangea bush. That house had been the place she loved the best, and it felt right for her to stay there. On the last weekend we spent there before the new owners took over, Richie and I walked around the house, visiting her grave. I squeezed his hand, knowing what he had been willing to do for me, because he gets it. And I smiled as I pictured a little dog ghost haunting the backyard.

GOOD GRIEF
E.B. BARTELS

✱ E.B. Bartels is the author of ***Good Grief: On Loving Pets, Here and Hereafter*** available now from Mariner Books/HarperCollins.

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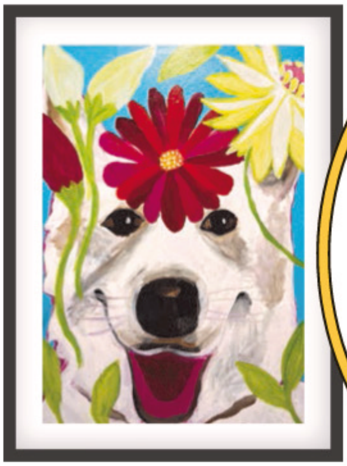
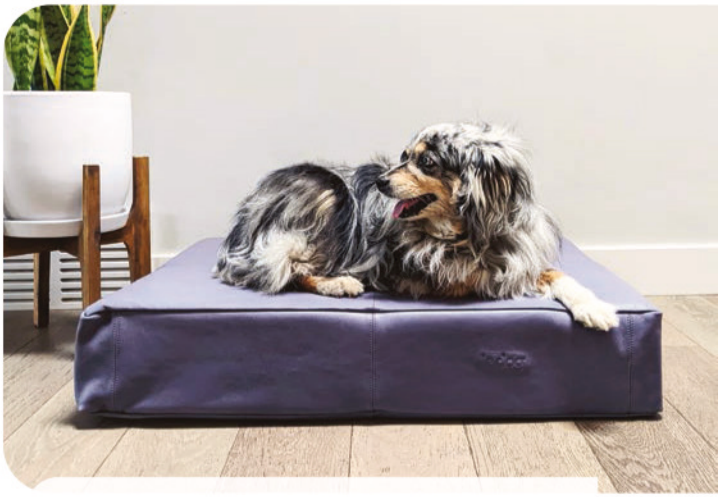
Say hello to a **super-comfy bed your dog won't destroy!** Designed with the toughest scratchers, diggers, and chewers in mind, the Dog Bed Armor round bolster bed from American Dog is made to withstand whatever your dog throws at it via tough construction and elimination of catch points, while shredded, recycled memory foam offers support and comfort! **(from $150, *americandog.co*)**



Inspired by the "unconditional love between owner and pet," artist Maria Pezzano creates **bright, stylized pet portraits** with acrylic paint that make us smile, deftly capturing the love bond we share with our pets. Commissions are accepted and 5% of each sale is donated to animal rescue. **($500, *mariapezzano.com*)**

Eliminate pet odours with the Floral Odour Neutralizing Candle from Aroma Paws! With its lovely blend of lavender and geranium rose oils, this soy wax candle boasts a 90-hour burn time and leaves rooms smelling fresh. **($19, *aromapaws.com*)**

Sophisticated, elegant, and super-comfortable, the B Lounge bed from Bowsers has it all! Bonus: remove the zippered cushion to use separately as a mat or travel bed! **(from $135, *bowsers.com*)**



Good looks meet serious comfort! The Le Bed leather dog bed from Le Dog Company pairs a human-grade orthopedic mattress with a cooling-gel memory-foam top to support joints, relieve pressure points, and regulate temperature. Best of all, just wipe to clean! **(from $330, *ledogcompany.com*)**

Iceland Pure
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(1 Pump is approximately 1/2 Tsp)
Dogs @ Cats up to 35Lb 2 pumps x day =
Dogs 36Lb to 60Lb up to 3 pumps x day =
Dogs 61Lb to 100Lb up to 5 pumps x day
Dogs 101+Lb up to 6 pumps x day = 3tsp
We recommend to use a measuring spo
accuracy is needed.
Or as recommended by your Veterinaria
Fine to refrigerate but not necessary.
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Everything You Ever Wanted to Know About PUPPIES

Choosing the right puppy, housetraining, crate training, socializing, and more

| By Teoti Anderson

Choosing the Right Puppy: Behaviour to Look For

All the Puppy Cuteness! How Do You choose?

It either seems like an impossible task or an easy one. Will you know your soulmate puppy when you meet him? Will you have to pick one out of a bouncy litter of possibilities? When choosing a puppy to bring home, you really do need your heart and your head to communicate with each other. This is a decision that will impact you and your puppy for the rest of your lives.

We're going to assume you've done your homework and have narrowed your choice down to a breed or breed mix that best fits your lifestyle and what you're looking for in a puppy companion. That's behind you, and now you've come face to face with a choice of a lifetime. You've got to decide if you're going to bring a specific puppy home.

What Your Head Should Tell You

You want a social puppy. One that readily approaches you and is happy to interact with you. Please avoid the puppy who avoids you. You may fall for his sad eyes or think you can "win him over," but understand this may be a long-term challenge.

As a professional dog trainer, I work with a lot of aggression cases. When interviewing clients, I often find their puppy exhibited warning signs when they met him. The puppy may have avoided interaction or hid under furniture. Some puppies even growled or bit prospective parents. They still brought the puppy home, only to see his behaviour get worse over time.

PHOTO TONY KAN/SHUTTERSTOCK

Choose a puppy based on his behaviour today, not what you HOPE his behaviour will be someday. Don't let your heart whisper that with enough love and training, a fearful or aggressive puppy will turn out to be a superstar. Most often, these puppies turn into aggressive adult dogs. They require a tremendous amount of work, expense, and heartbreak. Don't do that to yourself. Pick the puppy who already wants to be part of your family.

If you're choosing from a litter of puppies, you want the "average" puppy. This doesn't sound exciting, but it's your best bet for a quality family companion. Is there a pushy puppy knocking his brothers and sisters out of the way to get to you or grab a toy? This little hothead might be very challenging to live with. We've already ruled out the wallflower, so take a look at the middle of the pack. There's a gem right there just waiting for your attention.

If you don't see any good prospects, be prepared to leave without a puppy. This is SO HARD. Your heart is screaming there's a vacancy, but let your head be your landlord. It is much, much better to wait for the right puppy than to take home the wrong one. When you finally find him, he'll have been so worth your patience.

What Does Your Heart Say?

Your head should make some important decisions about a puppy's health, temperament, and adaptability to your household. This doesn't mean your heart doesn't have an important role. You need to fall in love. You need to feel a connection. Maybe your heart pings at the sweet puppy with the wonky ear. You might swoon when a puppy crawls into your lap and falls asleep. Your heart gets to decide the beginning of a beautiful bond for life.

On the Clock: Key Development Windows and What to Expose Your Puppy To

Puppyhood is the most important time in a dog's life. You're setting the stage for his development.

8-9 weeks

This is when most puppies are ready to leave their mothers and join a new family. Puppies will typically wean from their mothers at around four to five weeks, but they still are learning critical lessons from their mothers and siblings.

Take your puppy to your personal veterinarian within 48 hours of bringing him home, even if your puppy's breeder or rescue had their vet check him out. It's always good to get a second opinion, and to ensure your veterinarian establishes a good relationship with her new patient.

While you do want to give your puppy a few days to settle in, it's important to establish routines and start your training now. You may want to hire a professional, reward-based dog trainer to start helping you right away, before you and your puppy learn bad habits.

Decide if you want to paper train or outdoor train your puppy for elimination and start that path from the start. In other words, if you only want your puppy to eliminate on grass, don't also have pee pads in the house. This is a confusing, mixed message.

Allow friends and family to meet your puppy, but always let him approach them on his own. If they may have stepped in places where sick dogs have been, have them take off their shoes and wash their hands before interacting with your puppy. Don't overwhelm your puppy with a crowd. Pace visitors at a comfortable rate.

You can also start training your puppy in basic obedience: sit, come when called, don't jump on people, etc. Puppies are little sponges! Make training sessions short and fun.

10-12 weeks

Socialization steps into high gear. You cannot wait until your puppy has had all vaccinations; this will be far too late. The critical socialization period for puppies is up to 12 weeks of age, so you're on the clock!

Socialization is not just exposing your puppy to different people, dogs, and environments. It's making sure each exposure is a party and your puppy has a blast. Always have treats with you. Give your puppy treats every time something potentially scary happens. Never force him to confront something he finds scary. He should always approach at his own pace. Do your best to control all interactions to ensure they go well.

Take him to dog-friendly stores and other locations. Avoid dog parks or public parks where sick dogs may have been. It is possible to properly socialize your dog and still be healthy and safe.

12-16 weeks

Continue your socialization. Make sure you have plenty of hard chew toys available that you rotate daily to make them seem new. At 16 weeks, those needle-sharp baby teeth will start falling out, making way for your puppy's adult teeth.

Teens to Adults

Continue training and socialization through your puppy's teens. If you notice issues, get help sooner rather than later. How do you know when your puppy is an adult? If you have a small-breed puppy, he will be an adult at about one year. Medium-sized dogs, such as Labrador Retrievers, aren't adults until about two. Giant breeds such as Great Danes, don't reach maturity until three years. ▶

5 EXPERIENCES EVERY PUPPY SHOULD HAVE

1. **Vet visit (bring treats and teach your puppy to love his veterinary office experience)**
2. **Playtime with you**
3. **Training (aim for two, 15-minute sessions a day)**
4. **Grooming (bath, brushing)**
5. **Love and Affection!**

5 MISTAKES PEOPLE MAKE WITH THEIR NEW PUPPY

1 Not socializing their puppy until after he's had all his shots.

Do we sound like a broken record? This is because old myths of waiting to take your puppy out until after vaccinations still persist. Don't wait. Be safe, but get your puppy out and about right now. Teach him to be friendly and social with all types of people in a variety of environments, and you will help prevent fear and aggression as he grows older.

2 Letting your pup have too much space, too soon.

Puppies can get into a lot of trouble. They will pee and poop on your rugs, eat your furniture, and steal toilet paper. Some of their antics are frustrating, but some can be downright dangerous. What if he eats an electrical cord? What if he swallows something, and it gets stuck?

Confining puppies in a safe place, preferably a crate is ideal until they learn how to behave. If you let them have too much freedom before they're ready, you're helping them learn bad habits that will be harder to fix later. For crate training resources, visit: *moderndogmagazine.com/truth_about_crates* and *moderndogmagazine.com/crate_training*

3 Not recognizing when your puppy is afraid or uncomfortable.

Just because a puppy is behaving doesn't mean she's ok. What does your puppy look like when she's happy? Pups should be bouncy and curvy, with squinty eyes and lowered ears. Does your pup look like that in different situations? If not, she may be stressed. Some puppies have obvious stress signals: panting, crying, trembling, cowering. Others are more subtle: avoidance, sleepiness, turning away. Look for these signs so you can address them now. If you don't, fears could manifest into aggression later.

4 Changing rules.

Do you want your puppy to jump on people? Get on the furniture? Chew on your guests? If not, don't encourage the behaviour now. It's so easy to be lenient when he's little and cute. It's not fair, however, to change the rules when he gets bigger. Your puppy won't understand.

5 Waiting to train.

Puppies are great little learners; you just need to keep your training sessions short. Don't wait until your adorable Great Dane puppy is a 90-pound teenager. Don't wait for your little Doodle to develop bad habits. Start training your puppy now. If you are using modern, reward-based methods and tools, you can start as soon as you bring your puppy home. You may find your little puppy is a rock-star student! You'll also help develop your relationship as you work together and make training fun.

5 THINGS TO INTRODUCE YOUR PUPPY TO

1. **People**. People of different ethnicities, ages, shapes, and sizes.
2. **Environments.** Places with different surfaces, sounds, and activities.
3. **Dogs**. Only choose safe, friendly, healthy dogs who like puppies.
4. **Other animals.** Will your puppy need to share his home with a cat? Bird? Make safe introductions part of his early training.
5. **Sounds.** Loud noises can be scary. Pair them with delicious treats to help your puppy learn not to be afraid of them. Include household noises, like hair dryers, vacuum cleaners, blenders, etc. Go out into the neighbourhood for lawnmowers, snow blowers, construction noises, and more.

» **Always make sure** introductions are at your puppy's comfort level and pace. Always pair them with delicious treats. If your pup shows signs of stress, such as avoidance, whining, licking his lips, yawning, or trembling, end the interaction immediately.

PHOTO GRANT JOHNSON/SHUTTERSTOCK

Who needs pontification and bragadocious bullet points when you have amazing customer experiences to share

ROCKY & MAGGIE'S
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★★★★★

Amazing Amazing Amazing!! Best pads for male dogs pad trained but loves to lift his leg. BTW Super thick, never have i had a pee running through to the floor. If you are thinking about buying them then do it. Best purchase for dogs, my female has no problem using them either.

★★★★★

Best invention ever!!! Regular pads didn't work for my male dog, but these were life changing, he actually pees on the pads!

★★★★★

My dog loves these pads , he has something to aim at. They are strong and do not leak. Easy to pick up.

★★★★★

Love the design of these. Great for dogs who need something to lift their leg up on to go potty. Material is thick. Folds up nicely in my carryon bag. Will definitely pack these on our next roadtrip. Would make a great gift for new dog owners.

★★★★★

Our male pup would pee off the edge of regular pads; now his typical male urge to lift his leg and aim is met with the simple fire hydrant design!

★★★★★

Our dog is house broken, but as he's gotten older (12 years old) he has a hard time holding his bladder throughout the night. We put down "regular" pads, but he didn't use them. I tried the pop up pee pad & it's been a life saver (for my dog & for us). He has something to pee on, which makes it intuitive.

★★★★★

Perfect for my male chihuahua. Hits the mark everytime whereas he used to hit other objects:)

★★★★★

I have a senior small/medium male and this is perfect for him. Gives him something to "aim" at other than my furniture and pee on my floor! He took to it right away. This is definitely a repurchase item for me.

★★★★★

"So worth reordering! My furbaby does real well with these! So glad they worked!! Helps so much!"

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PUPPY Picks:
ESSENTIALS FOR YOUR PUP

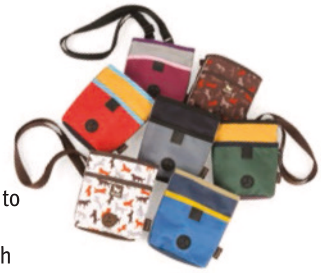
From crates to collars and toys, our top product picks for new pups!

moderndog Highly Recommend

1

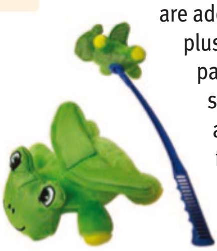
The key to an attentive pup that loves learning?

Being armed with high-value treats to capture the behaviour you want! Be ready to reward good behaviour with the Scout & About Deluxe Training and Poop Pouch from P.L.A.Y. This is the perfect pouch to ensure you always have treats (and poop bags) on hand! **($20, *petplay.com*)**



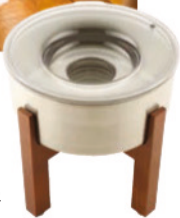
2

Work off some of that puppy energy with this plush toy launcher that lets you fling toys without having to stoop to pick up a slobbery stuffy! Awarded “Best in Show” at Global Pet Expo 2022, Funki Flingerz are adorable, super-durable, launchable plush toys that easily slip onto the patented launcher for endless fetch sessions. Ballistic nylon materials and a squeaker make for durable fun. **($20, *flingerzpet.com*)**



3

Stop the Slop Does your dog trail water all over the floor? Bid adieu to the mess (and wet socks!) with the Slopper Stopper Dripless Water Bowl! This unique solution pairs a stainless-steel water bowl with a food-grade cover that keeps your pup’s ears, feet, beard, and snout dry and reduces water spills by up to 85%. Perfect for travel, it also prevents your dog from putting paws in their water dish! **($55, *slopperstopper.com*)**



4

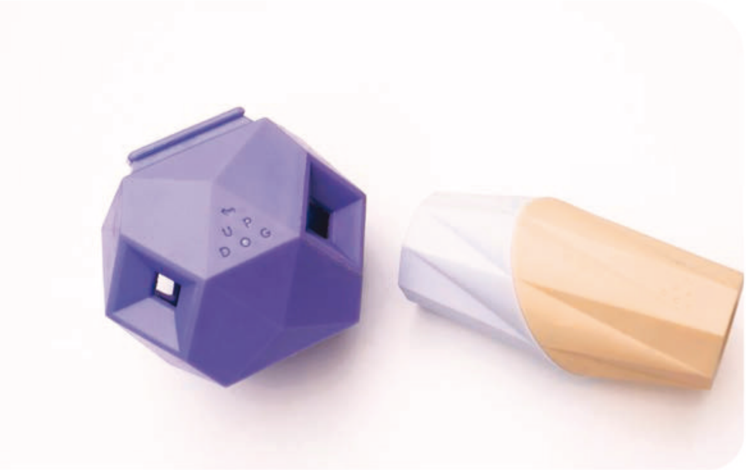
I Chews You

Satisfy your teething puppy and encourage positive chewing behaviour with the Premium Chew Stick from Jones Natural Chews! Safe for dogs of all sizes, these delicious, single-ingredient beef or chicken chews are 100% USA sourced and made, and they last for several chew sessions! Always monitor your puppy's chew sessions. **($12, *jonesnaturalchews.com*)**

5

Your new pup needs an equally cute collar

The awesome vegan leather dog collars from Hot Dogs All Dressed are made from durable biothane to effortlessly stand up to long wear, water, and muck without getting dirty or smelly. Finish it off with your choice of adorable adornments, from daisies to skulls. **(from $28, *hotdogsalldressed.com*)**



6

Keep your puppy busy and out of mischief

with the very cool modern dog toys from MUi Pet! Fill the Ubbe toy with treats, wet food, or pup-friendly snacks for an extra-motivating chew—or challenge your burgeoning canine Einstein with the Odin Toy treat-dispensing puzzle toy! Bonus: the unique design makes them easy to clean. **(from $24, *muipet.com*)**

7

No more marked furniture!

Rocky & Maggie's Pop-up Pee Pads are the first and only pee pads designed especially for male dogs. These super-absorbent pads include a vertical target in a cute hydrant shape to attract your dog—and save your couch! The all-five-star reviews rave "best invention ever" and "freakin' genius, and kinda funny" from users happy to have solved pee problems. **(from $15, *rockyandmaggies.com*)**

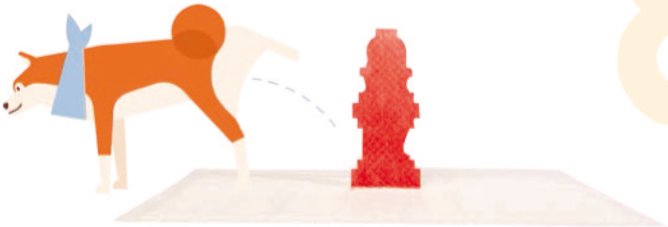


ILLUSTRATION GOODSTUDIO/BIGSTOCK.COM

8

The Perfect Crate

Do your pup a favour and crate train from a young age. Having a dog that's comfortable in her crate is a huge help when potty training, travelling, visiting the vet, and more. Perfect for the task are Lucky Dog's Dwell Series crates. They come in seven different sizes, feature smooth double-panel sliding doors and rails, and have secure door latches. Plus, a nifty divider panel to allow you to partition the crate as your pup grows to provide the perfect amount of room. **(from $40, *luckydogdirect.com*)**

Your Dog is Boosting Your Brain Performance

How having a pet reduces brain aging and delays cognitive decline.

by Cassie Gill

Having a dog isn't just good for your physical health—a new study says they can play an important role in the brain.

Pets already bring plenty to our lives—unconditional love and companionship, for starters—but a new study suggests that they also have a positive effect on our brain health, particularly when it comes to delaying cognitive decline.

"It's cognitively demanding to take care of a pet," says Dr. Henry Mahncke, a neuroscientist who is also the CEO of Posit Science, a company providing brain training software and services.

Cognitive function is "everything the brain does," explains Mahncke. That includes memory, learning, attention span, the speed in which we can do tasks, and more.

"As we get older, these [brain functions] all tend to kind of slowly get worse," he says. "Remember, the brain is an organ inside of your body—just like the heart beating inside of your chest," and subject to the same strains of aging.

A just-released observational survey conducted by the University of Michigan Medical Center and University of Florida over a six-year window found positive effects in older adults who owned pets compared with those who didn't. The study particularly analyzed data pertaining to adults with an average age of 65—over half of whom were pet owners (53 percent).

When it comes to pets playing a role in brain health, Mahncke says our furry friends affect both sides of the complex organ. "The first is what you might call the cognitive side of the brain. And the second is what you

PHOTO TANYA CONSAUL PHOTOGRAPHY/SHUTTERSTOCK

PHOTO FABIOCAMANDONA2/BIGSTOCK.COM

might call the emotional side of the brain. And those are both very, very important."

Of the 1,369 adults that were part of the observational Health and Retirement study, 32 percent were classified as "long-term pet owners,'' meaning they've had their companions for five years or more. Participants were given cognitive tests that included word recall, numeric counting, and more to determine how they compared against others in the same age group without pets. Results showed that the cognitive composite score was 1.2 points higher for pet owners over a six-year period compared to non-pet owners.

Another study released in Oct. 2022, using data from the Alabama Brain Study on Risk for Dementia, examined a similar link between cognitive and brain health with pet ownership. Of the 95 participants aged 22 to 74, 56 of whom are pet owners and 39 who were not, it was found that pet ownership was related to higher cognitive levels (specifically, better memory, and processing speed, among other things). It was also found in this separate study that owning a pet could potentially reduce aging of the brain by up to 15 years.

What's particularly fascinating about the University of Michigan Medical Center and University of Florida study initially referenced, Mahncke tells *Modern Dog*, is what actually happens to our brains when we have to take care of a dog, cat, or other pet.

"There's what we do *with* our pet and there's what we do *for* our pet," Mahncke explains.

For example, taking your dog for a daily walk is one of the most common activities that people with dogs undertake.

"If you have a dog, you're out in the world more often, right? All of those things are really cognitively stimulating for the brain," says Mahncke, noting that this type of physical activity is recommended for older adults with or without pets. ▶

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> A separate study found that owning a pet could potentially reduce aging of the brain by up to 15 years.

"We know there's an important role for physical activity and maintaining brain health...but a pet is extra motivation," he adds. Of course, there are also tasks that pertain to taking care of our companions–primarily feeding or bathing.

"If you think about the cognitive demands involved: I have to remember to go to the store and I have to get my pet food and feed them multiple times a day," says Mahncke, who is the owner of two cats himself.

There's a direct correlation, he further explains, between having those chores and responsibilities–which create additional cognitive activity for our human brains.

"If we have more cognitive demands in everyday life, we're going to have healthier brains [because] our brains are more active," he adds.

The emotional side plays an equally important role when it comes to affecting brain chemistry, too.

"Think about the love that we get from a pet, and the love that we give to a pet; this releases a neurochemical called oxytocin that's involved in pair bonding," he says.

Oxytocin is also related to what he calls "brain plasticity," which is the concept that the brain changes and reorganizes itself throughout one's lifespan. Healthy brains are more easily adaptable to change, which is partially why learning attention spans wane and learning new skills is more difficult for older adults.

Beyond improving cognitive function, pets can also have a positive effect on reducing stress in adults.

"When we interact with our pets, it reduces our cortisol levels," Mahncke details. Cortisol is a stress hormone, and can have a profound effect on our mood. Too much stress, however, can lead to an increase in cortisol production—and there's no shortage of studies linking stress to heart disease, cancer and other conditions.

"We know that stress is terrible for the brain—a short period of stress is okay, but chronic stress is terrible for brain health," he says. "Stress reduces learning and memory, for example, causing neural cells to become disconnected to each other."

"Reducing stress is going to contribute to brain health," he also says. "Pets end up having these deep impacts on literally the wiring of our brain."

In a similar vein, robotic pets have also been proven to successfully reduce stress as well as improve the moods of those who are already suffering with dementia per a study by Florida Atlantic University released in October 2021—creating a whole new category of pet therapy. Researchers employed the use of a robotic cat to measure cognition with the Mini Mental State Examination (MMSE), which found that the "pet" helped to boost mood overall in more than half of the participants.■

The full study about pets and cognitive decline by the University of Michigan Medical Center and University of Florida was presented at the American Academy of Neurology's 74th Annual Meeting in April 2022.

PHOTO VERELLY/BIGSTOCK.COM

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Shedding Season

All dogs shed—at least a little—but not all dogs "blow coat," the apt term for when double-coated dog breeds release their undercoat, a phenomenon usually marked by dramatic drifts of dog hair. This shedding can happen once or twice a year and is triggered by seasonal changes and hormones. Outside of these major shedding events, you'll still notice fur around your house year-round as each hair's life cycle ends. And some dogs simply shed more than others. Breeds like the Samoyed shed all the time, and even more so during shedding season.

Managing Coat Blow

First off, do not shave your dog. If you shave your dog, you remove their insulation, and dogs need their coat to help regulate temperature.

Grooming tools like an undercoat rake, a slicker brush, a deshedder, and/or a Greyhound comb will help remove the loose undercoat and speed the shed along.

We like ConairProPet's Pet-It Deshedder. It gently and effectively removes loose undercoat as you brush. ($20, *chewy.com*)

Pro Tip: Use a blow dryer on "cool" setting to blow off dead coat.

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Pomeranian
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Samoyed
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> “Entomophagy is the technical term used for eating insects.”

CRICKET POWER!

Cricket-based dog treats and toppers pave the way for a better planet

With a planet increasingly under pressure, the hunt for alternative, lower-impact protein sources is on. Turns out, the lowly cricket is an environmentally friendly protein powerhouse—and tasty, to boot.

If crickets seem a bit beyond the pale for your own dinner plate, your dog will gladly get in on the yummy, planet-saving action with The Thre3 Rule, a cricket-based dog treats and toppers company.

“The idea came to me while playing with my grandchildren last summer,” says founder Debbie Pelczynski. “They are learning about changes for a better planet. While playing in the garden, my grandson said, ‘what if we could eat bugs instead of cows and chickens?’ I had heard about other parts of the world eating insects, and after extensive research on the low impact on our planet and resources, The Thre3 Rule was created. Environmentally friendly, recyclable packaging, fit for human consumption, and delicious!”

Plus, they’re good for you. Crickets are not only an excellent protein source, they deliver essential fatty acids, prebiotics, and essential amino acids, three things the body needs but can’t create itself. The environmental benefits are nothing to scoff at, either. Cricket farming requires far less resources than more conventional livestock farming. Insects such as crickets emit fewer greenhouse gases and less ammonia than cattle or pigs, and they require significantly less land and water than cattle rearing.

Give it a try, urges Pelczynski—incorporating cricket-based foods into your diet is one way for individuals to take action and make a positive difference.

Why Crickets?

- **Healthy, nutritious alternative protein**
- **Rich in protein, good fats, and prebiotics. High in iron and zinc.**
- **More fibre than broccoli, more Omega-3s than salmon, and more iron than spinach!**
- **Environmentally friendly; no methane emissions.**

{ Editor’s Pick } The Thre3 Rule’s sustainable, functional dog treats are powered by cricket powder and come in four dog-approved flavours for a treat you can feel good about! They also offer cricket-based functional supplement toppers that are available in four formulas to improve wellness while tempting picky eaters and boosting protein levels. (from $9, *the3rule.com*)

PHOTO TOP: JUS_OL/SHUTTERSTOCK; INSET AABOVE EZZOLO/ SHUTTERSTOCK

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CBD + DOGS

Studies show promise in treating arthritic pain, itchiness, anxiety, and cancer

The use of CBD for pets has gone mainstream—and it's a huge business. Grandview Research estimates the 2022 global CBD pet market size at $195.98 million USD. But does CBD do all it is purported to do? There's a growing body of research looking specifically at CBD and canines, and the results are encouraging, especially for arthritic pain, itchiness, anxiety, and cancer.

Several studies have looked at CBD's effectiveness against arthritic pain, all with positive results. One of the first CBD studies was done at Cornell University College of Veterinary Medicine. It showed that CBD decidedly helped with pain management in many dogs. In the study, more than 80 percent of the dogs with osteoarthritis experienced a decrease in pain, allowing them to be more comfortable and active. The Cornell study found dogs given 4.4 mg of CBD per pound twice daily for a month showed significant pain relief and improvement in quality of life. Lead researcher Joe Wakshlag, DVM, Ph.D., DACVN, noted that pre-study, some of the participating dogs were so crippled by joint pain that their owners considered euthanasia, but that after mere days on CBD they were up and walking around and even climbing stairs. A Baylor University study found similar results.

CBD for combatting anxiety in dogs has promising studies to back up its usage as well. In another Cornell study in which dogs were given CBD chews prior to a stressful event, 83 percent showed a decrease in anxiety-related behaviours.

CBD has also shown promise in treating itchiness. A study by the Australian animal therapeutics company CannPal tested a CBD product for its potential to help with dogs with atopy (a dermatologic allergy resulting in itching and chewing). In the double-blind trial, dogs were randomly given a CBD product or a placebo for four weeks. The results were encouraging—65 percent of the dogs given CBD had at least a 50 percent decrease in itching and chewing. Of those dogs, half recovered from all signs of itchiness while being treated.

Perhaps most exciting is CBD's potential in fighting cancer. Cannabinoids are reported to induce cancer-cell death and prevent metastasis. A Cornell University study of CBD, dogs, and cancer found CBD along with a standard chemotherapy drug reduced cancer-cell proliferation in vitro more than the chemotherapy drug alone.

**Never give your dog CBD without your veterinarian's knowledge if your dog is taking other drugs. CBD may affect how drugs are metabolized, changing how the medications perform and possibly affecting the recommended dosage.*

Choosing a CBD Product

- ✓ **Was the hemp grown organically?**
- ✓ **Independent analysis should confirm a lack of heavy-metal contamination and minimal THC levels (no more than 0.3%)**

OUR PICKS

Treats and tinctures formulated especially for dogs

CALM

Soothe your anxious pup with Okoa Pet's "Hush, Puppy", all-natural CBD-infused calming dog treats. These high-quality chews are made with broad-spectrum hemp extract, tryptophan, and choline to calm your dog, along with all-natural ingredients like peanut butter, coconut oil, and sweet potato. **(from $25, *okoapet.com*)**

EASE DISCOMFORT

Treatible's Sweet Potato Extra Strength Hard Chews combines 10 mg of organic, full-spectrum hemp CBD extract with turmeric and MCT coconut oil to **ease discomfort of any size of dog** while supporting joints and digestion. **(from $10, *treatibles.com*)**

SEVERE ANXIETY & SEIZURES

Specifically formulated for severe anxiety and seizures, the Health Drops Severe Symptoms from Healthier Pet combines 1500 mg of CBD with organic hemp, fish, and coconut oils in a high-efficacy Health Canada lab-tested formula. **($140, *healthierpet.org*)**

SORE MUSCLES & JOINTS

The Canine HempFlavin Tincture from Canine Hemp Solutions is a **unique formulation of hemp flavonoid extracts.** Containing zero THC and zero cannabinoids, it relieves discomfort, stiffness, and sore muscles and joints thanks to natural antioxidative effects. **($45, *caninehempsolutions.com*)**

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info@healerspetcare.com

CANINE MASSAGE THERAPY

Easy techniques you can use at home to improve your dog's overall wellness

Canine massage therapy has very real benefits, from improving circulation to aiding recovery. You can harness these perks through simple massage techniques you can do at home.

"Our dogs love physical connection with us through touch," says Tracy Vroom, Executive Director and Instructor at the Rocky Mountain School of Animal Acupressure and Massage. "An easy way to do a massage for dogs is by using flat-handed strokes starting at your dog's neck and gliding to the tail. The pressure is light and the tempo is slow. This stroke can be used all over their body to ease tension and increase circulation." Secondary perks include a shinier coat and an opportunity to check in with your dog. "Doing this on a regular basis can also help you track changes in your dog's body like lumps or sensitive areas that may need to be looked at by your veterinarian," says Vroom. "One of our favourite benefits of massaging our dogs is how it connects us with them in a deeper way emotionally. Watch out though, they may begin to demand it!"

* **Interested in a career in Canine Therapeutic Massage?** The Rocky Mountain School of Animal Acupressure and Massage offers both in-person and correspondence courses through four campuses in Colorado. Check it out at *rmsaam.com*

Ear Work

Another effective stroke is ear work. Gentle soft, slow strokes from the base of the ear to the tip can be amazing for relaxing them and supports their digestive tract. The ear is considered a map of the body from an acupressure standpoint, so we can help overall health and balance by doing this on a regular basis.

MASSAGE BENEFITS

- Improves physical wellbeing by improving circulation
- Helps them move more easily
- Reduces stress
- Relaxes tight muscles
- Helps support the healing process
- Strengthens the immune system
- Improves digestion
- Reduces and prevents injuries
- Improves performance & recovery time

{Editor's Pick}

A Calming Massage Oil for Pets

Pet-Tek's Calming Massage & Aromatherapy Oil is formulated especially for pets. Diluted, dog-safe, organic, therapeutic-grade essential oils, like chamomile, ginger, jasmine, and lavender, are paired with fractionated coconut oil for a relaxing, dreamy massage session. **($21, *pet-tek.ca*)**

pet tek
Massage &
Aromatherapy Oils
Calming
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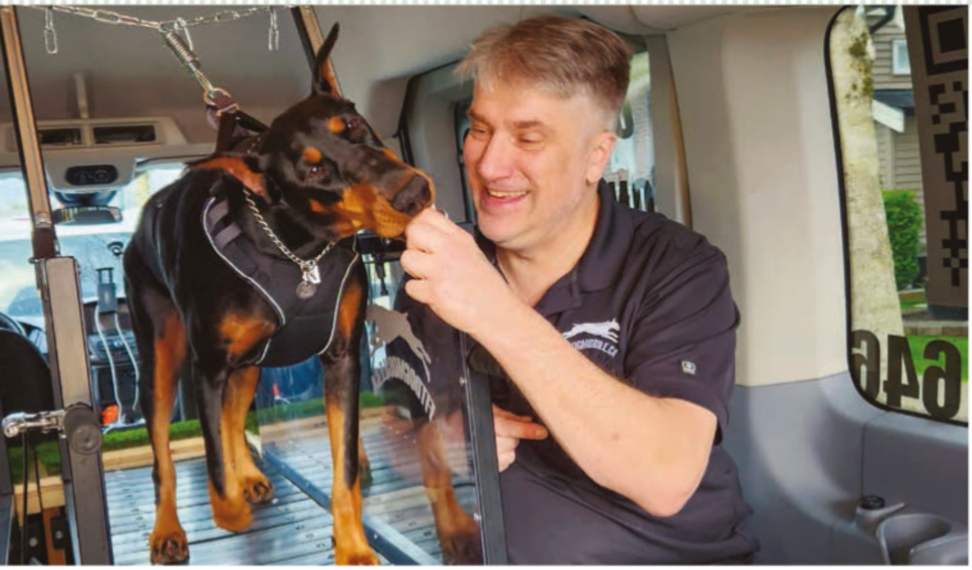


MOBILE GYM FOR DOGS

CLIMATE CONTROLLED MOBILE DOG GYM
604-229-6469
FITDOGMOBILE.CA

Yes, it's a thing—and you're likely going to want to book an appointment

Concerned your dog is not getting enough exercise? Fitdogmobile to the rescue!

Picture this: a van pulls up outside your house, and your dog begins to wag her tail in excitement. Inside the van is a mobile dog gym, begun by Travis Sawatzky, who was inspired to start his business after welcoming a Doberman into his life.

"I have a great backyard, but it's not big enough to run a baby race-horse," he says. "We exist to make sure your dog can burn off that built-up energy that leads them to get into trouble with negative behaviour. Think of Fitdogmobile as a personal trainer for your dog."

Sawatzky started accepting clients throughout the Greater Vancouver and Lower Mainland area of British Columbia in October 2022 and currently has a roster of 15 regulars—mainly medium to large breeds, though they have run dogs as small as 12 pounds—plus a host of occasional bookings. His clients swear by him.

"Bailey loves her sessions," raves Deb Tutt of her Goldendoodle, who enjoys a once-a-week workout. "She greets Travis every week with the kind of excitement reserved for viral tear-jerker reunion videos. She now goes sniffing up to all random vans, thinking inside is another doggy gym heaven and her buddy Travis!"

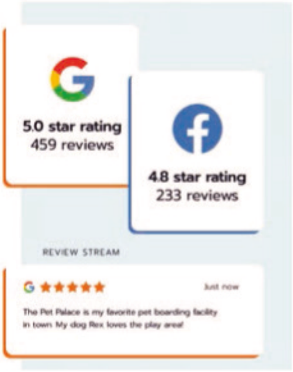
Tutt says she likes that Bailey can control the pace and duration of her runs on the treadmill. "She doesn't have the same autonomy on leash walks. On the treadmill, she speeds up and slows down based on her own instincts, and after about 30-45 minutes, she comes to her own natural stop and lets us know she's finished. Watching her run 25 km—or 10 to 15 km even—made me realize how much capacity she has and how I was doing a disservice to her."

The benefits include a better-behaved dog, results Tutt says she has seen firsthand. "The improvement to Bailey's happiness is clear to see. The investment into activity pays off in spades. Our dog has less inclination to destroy things in the home, is far calmer and settled, and responds to training much better." *fitdogmobile.ca*

The App that's an All-Star Pet Business Helper

Get those 5-star reviews with this app for pet businesses!

Do you have a pet-related business? If so, you need this app! Designed to help you create a strong online reputation, the Broadly app lets local pet-care businesses engage with leads and customers, streamline payments, and automatically request reviews—all from one app! Users are especially into the easy, seamless way it lets you increase reviews on Google, Facebook, and more, and stream them onto your own website to build credibility. How cool is that? Find it at *broadly.com/google-reviews*.



5.0 star rating
459 reviews

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REVIEW STREAM

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Dogs love massage and it has many health benefits! Begin a career helping animals and live a more balanced life with Rocky Mountain School of Animal Acupressure and Massage. **Explore their multi-level holistic certification programs** for dogs and horses at ***rmsaam.com***

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INABA
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Mega Churu is a bigger, thicker version of the original Churu, but it is still **free from grains, preservatives, carrageenan, and artificial colors.** You can **use for training, to disguise pills, or simply squeeze on wet or dry dog food as a topper!** Available in three flavors. ***inabafoods.com***

I'm-Yunity for dogs is the only clinically proven medicinal mushroom extract of Coriolus versicolor. It helps to reduce your dog's pain and fatigue while improving energy levels, mobility, and appetite. Start improving your dog's immunity and quality of life today! **Use code "moderndog" for 5% off,** and learn about clinical results and rewards programs at ***buyimyunity.com***

Looking for better canine joint health? Try Molecular Biolife's Over the Top Joint formula! **Highly digestible and made with organic sprouted rye and flax seeds, fruit and vegetable powders, dried kefir powder, and poultry collagen** to support overall wellness. See the 11 whole foods at ***mbipet.com***

OVER THE TOP
Joint Support
PET FOOD SUPPLEMENT FOR CATS & DOGS

PHOTO TOP RIGHT KSUKSA/ADOBE STOCK

The 14 Cuddliest, Most Affectionate Dog Breeds

We asked breed expert and AKC Executive Secretary Gina DiNardo to rank the top 14 most affectionate dog breeds. Here's her list of breeds that make wonderfully cuddly canine companions.

#1 Golden Retriever:

Goldens are highly intelligent, sociable, people-oriented dogs. They're friendly and typically get along with other pets.

#2 Labrador Retriever:

Labs are friendly, sociable dogs that need lots of interaction with their family. They're versatile and willing to please.

#3 French Bulldog:

French Bulldogs are an adaptable breed. They have an affectionate nature and even disposition, and are generally active, alert, and playful.

#4 Boxer:

Though a guard dog by nature, Boxers need and thrive on human companionship. They are dignified, confident dogs while also playful and affectionate with their people.

#5 Newfoundland:

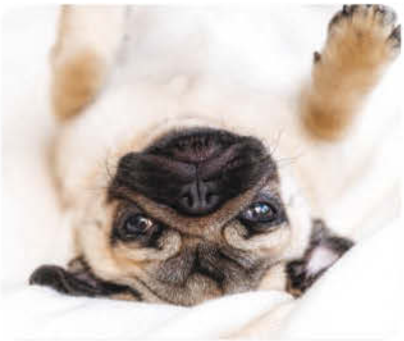
The Newfoundland is a devoted companion. This breed is known for its sweet, gentle nature and is patient with children.

#6 Soft Coated Wheaten Terrier:

This sociable breed is less scrappy than other terriers. The Soft Coated Wheaten Terrier is happy, friendly, and deeply devoted.

#1 TANYA CONSAUL/ BIGSTOCK.COM; #2 DANDREEV/ BIG STOCK.COM; #3 SERGO4/ BIGSTOCK.COM; #4 LIFE ON WHITE/ BIGSTOCK.COM;
#5 DEJAVUDESIGNS/ BIGSTOCK.COM; #6 SEREGRAFF/ BIGSTOCK.COM

#7 KUZINA NATALI/BIGSTOCK.COM; #8 EUDYPTULA/ BIGSTOCK.COM; #9 RADOMIR REZNY/ BIGSTOCK.COM; #10 NEW AFRICA/ BIGSTOCK.COM; #11 RADOMIR REZ/BIGSTOCK.COM; #12 CODORNIZ/ BIGSTOCK.COM; #13 ZANTACUZ/ BIGSTOCK.COM; #14 CYNOCLUB/ BIGSTOCK.COM.



#7 Pug:

Pugs are known to be easygoing, playful, and affectionate. They're devoted to their owner. They are perceptive but can also be stubborn.

#8 Bichon Frise:

Bichons are meant to be companions. They're cheerful, playful, highly sociable dogs. Their families are very important to them, and they need to spend time with their people.

#9 Glen of Imaal Terrier:

The Glen of Imaal Terrier is gentler and less excitable than most terriers. The breed is brave, but docile, and affectionate with family.

#10 Bernese Mountain Dog:

These big, powerful dogs have a sweet, affectionate nature. They're gentle and intelligent.

These dogs would love to be your best friend.

#11 Toy Fox Terrier:

Toy Fox Terriers have the lovability of a lapdog combined with the tenacity of a terrier. The breed has a fun personality and is alert, intelligent, and friendly.

#12 Cavalier King Charles Spaniel:

The Cavalier King Charles Spaniel is a very sociable, adaptable, and willing to please breed. They're known for their cheerful nature.

#13 English Toy Spaniel:

The English Toy Spaniel was bred to be a companion. These merry little dogs are affectionate and playful with their favourite people.

#14 English Cocker Spaniel:

This merry, charming breed is upbeat in the field and mellow at home. They make wonderful household companions and have a delightful personality.

Canine Reading Buddies

Dogs shown to help kids learn to read

By Stanley Coren

Is your child or grandchild having problems learning to read? Look no further than your dog. According to a Canadian team of researchers at St. Mary's University, the family dog may be all that's needed to boost reading skills. It doesn't have to be a trained service or therapy dog, either. A pup who will sit or lie close to your child and listen to them read aloud is all that is needed to improve literacy.

LIMITED READING ABILITY IS WIDESPREAD

Most children will learn to read, no matter which method is used to teach them. However, unless they receive some supportive help, studies show that more than one out of every five children won't properly master this important task. According to the National Assessment of Educational Progress, 32 percent of fourth graders and 24 percent of eighth graders aren't reading at a basic level.

There is an optimal window of time to teach reading skills. According to the Carnegie Foundation for the Advancement of Teaching, if the child is a poor reader at the end of first grade, there is a 90 percent likelihood that, without some sort of additional help, they will remain a poor reader when they reach the end of fourth grade. Children who aren't reading at grade level by this time are four times as likely to drop out of high school.

PHOTO TOP CHIRTSOVA NATALIA/SHUTTERSTOCK; ILLUSTRATION SSSTOCKER/BIGSTOCK.COM

> “I like reading to dogs because they are great listeners.”

READING OUT LOUD

In a typical primary school classroom, one of the literacy exercises involves having children read out loud. It is at this time that the poor readers become painfully obvious. Children with reading difficulties stop and start frequently, mispronounce words, skip others entirely, and sometimes simply stall when they can’t sound out a word.

With other children and people watching and judging them, these poor readers feel ashamed struggling with a skill that their classmates seem to have mastered easily. The first casualty is their self-esteem, and the second, perhaps more importantly, is their motivation to read. It has been well established that improving motivation for reading has a positive impact on children’s reading performance and overall literacy. This is where dogs become useful adjuncts to teaching reading.

CANINE READING ASSISTANTS

The origins of canine-assisted literacy interventions are often attributed to the Reading Education Assistance Dogs (R.E.A.D.) program that was initiated in 1999 by Intermountain Therapy Animals, although there had been several earlier studies which demonstrated the usefulness of dogs to assist primary-school-level readers.

The learning process is really quite simple. The child gets to choose a book at their current level of competency, and then gets to sit and read aloud to the dog. The dog provides a nonjudgmental and socially supportive presence, and by staying near and paying attention to the child, the dog offers positive reinforcement, improving both self-esteem and motivation. The result is improved literacy. However, because this sounds too easy, and too good to be true, it required scientific verification.

TESTING THE EFFECT OF READING TO A DOG

The most recent study to test the effectiveness of “reading assistance dogs” compared the progress the children made in oral reading and comprehension under two conditions: reading to an adult vs. reading to a dog. The children, age seven to eight years old (grade three), each received both types of intervention (adult vs. dog) in random order. The supportive program did not involve a huge amount of time—sessions were just 15 minutes, once a week, over an eight-week period. The adult intervention was led by a school volunteer who had training in literacy support. The dog intervention involved an unpaid volunteer from a non-profit group which provides therapy dogs. The job of these therapy dogs is usually to interact with people in schools and hospitals. In general, they are chosen for their calm and friendly demeanor.

PERSONALITY

The procedure was straightforward. When reading to the adult, the child sat beside them, and if they needed prompting or support during the session, the adult responded by coaching them to use a particular strategy, assisting with unfamiliar words, or offering encouragement to continue. The dog condition used the same procedure, with the difference being that instead of the child reading to an adult, the student read to a dog. The dog’s handler was also present and provided assistance to the student in the same way as when the child was reading only to an adult.

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A number of measures were taken to assess the progress of the children and their reactions to this additional supportive training. At the end of each session, the children were asked about how they felt. Though they were reacting positively to both conditions, they seemed to be more enthusiastic and more motivated when reading to the dogs. One child commented, "I like reading to dogs because they are great listeners."

DO DOGS REALLY HELP CHILDREN LEARN TO READ?

The results were unequivocal: dogs helped the children more than literacy-trained support staff. The research team concluded:"We found that while reading improved in both conditions, the canine-assisted reading support contributed to greater gains in both oral reading and reading comprehension scores than did the adult-assisted intervention."

So, if your child is having trouble reading, first have your kid grab his or her favourite book. Next, suggest the family dog might enjoy hearing it as well. Then have the child read it out loud to the dog in short sessions, while you sit nearby providing nonjudgmental support—just like your dog is currently doing.■

Reading Assistance Dog Groups

Reading Education Assistance Dogs (R.E.A.D.) is the forerunner in this space and is international. *therapyanimals.org/read/*

Therapy Dogs International (TDI) has a program called Tail Waggin' Tutors. *tdi-dog.org*

Pet Partners (formerly the Delta Society) offers reading-with-dogs programs. *petpartners.org*

SitStayRead offers canine-assisted literacy programs. *sitstayread.org*

St. John Ambulance Society offers a Canadian reading assistance program called Paws 4 Stories. *sja.ca*

PHOTOS FROM TOP: JEANETTE VIRGINIA GOH/SHUTTERSTOCK; AFRICA STUDIO/SHUTTERSTOCK; OLGAARMAWIR/SHUTTERSTOCK

Cool New Finds

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Put a little fun into your pets bowl with Northwest Naturals new Veggie Fruit Functional Toppers. **Adds vitamins, minerals, and natural fiber to your pets diet** with extra antioxidants. ***nw-naturals.net***

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Introducing a **new, easy to use, Dog Waste Bag Dispenser System** from Dog 'Gon Wild! **Innovative and durable, with hands-free poop bag carrying,** you can always see how many bags you have left. ***doggonwild.com/store***

The Cooling Vest and Collar are **ideal for dogs looking to stay cool** during hot, humid months. FlexiFreeze cooling technology uses pure water to **reduce body temperature** where heat is most abundant. ***coolerdog.com***

Cool New Finds

The PetCakes complete baking kit will be the only thing you need to **create a fast, fresh, and fun experience to treat your dog!** Each kit **includes a bone shaped reusable pan, four cake mixes, and two frosting mixes.** ***iLovePetCakes.com***

PetCakes
Complete Baking Kit For Dogs

Your dog (or cat) can live like rap royalty with Snoop Doggie Doggs, **a new pet and accessory line** made in collaboration with entertainment icon Snoop Dogg and Little Earth Productions. **Available at *snoopdoggiedoggs.com* or *amazon.com***

The adorable Funki Flingerz plush toys **easily slide onto the launcher to be thrown to your dog.** And hands-free pick-up means saying **goodbye to touching slobbery toys!** ***flingerzpet.com/funkiflingerz***

WizSmart takes pride in being a green company that designs **environmentally friendly dog pee pads!** Their Earth-Friendly Ultra pads are **made from sugar cane bioplastic and recycled unused baby diapers.** ***wizsmart.com***

WizSmart
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Canine Hempflavin is **a unique and natural supplement** of over 20 different flavonoids. **Specifically designed to aid your canine** in the relief of discomfort and nervousness, while also promoting muscle and joint health, heart health, digestion health, and more! ***caninehempsolutions.com***

MUi Pet's magnetic dog leash is **exclusively designed to make latching your dog's collar or harness effortless.** Featuring a dual-magnet assisted system with a premium 6-foot rope leash. **Use MODERNDOG20 for 20% off. *muipet.com***

Cool New Finds

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Keep your pet safer with the 100% waterproof Pawfit 3s! This smart GPS location and activity tracker with a 30-day battery life **finds your pet in real-time, wherever they may go.** ***pawfit.com***

Doggondiments **transforms everyday kibble into the fun "people food" flavours that dogs beg for. Perfect for picky, senior, bored or overweight dogs.** Doggondiments has no added salt and contains healthy prebiotics. ***doggondiments.com***

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HUNTER

Give your dog a touch of classic style with **a personalized hand-finished leather name badge.** Match that with **quality gear from BZ Dog Gear,** and your dog won't only look good but feel good too! ***bzdoggear.com***

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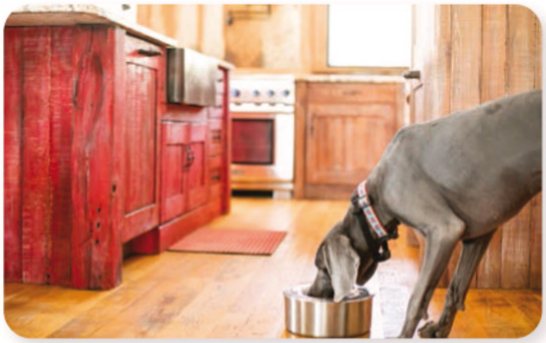

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TO HELL AND BACK: A PUPPY STORY

The puppy that almost broke our family

By Sonia Jones

I didn't love my puppy at first… I didn't even really like her. And it took two years and her almost dying before I finally came around.

When we got Poppy (our fourth Husky) we were cautiously confident. We already lived by the cardinal rule with Huskies: expect the unexpected. And we'd successfully raised three young Huskies at the same time and survived, we could do it again… right?

…RIGHT?

(That resounding silence is me eating my words.)

In 2020, like so many people, we got a puppy. It had been eight months since our first Husky, Eve, passed, and I couldn't bear the thought of eventually having a dog that didn't know any of our original three, so I started to look.

And then, as if by some Husky magic, a litter of puppies that had previously been waitlisted had a spot. Call it fate, kismet, "meant to be", whatever… I wholeheartedly believed that in that moment we were destined to welcome another Husky—the "perfect fit" Husky—into our family.

But destiny has a very funny sense of humour, as I was about to find out.

Because the puppies were still developing personalities, we were told they would be placed in the best home based on their individual temperaments. Tentatively, we were supposed to get a very sweet grey and white puppy, whom I had already, against all advice, named Olive. And then, one day, I did the stupidest thing imaginable: I mentioned that I liked spirited dogs and asked if we could get (and I quote) "the crazy one." My husband still reminds me daily of this glaring error in judgement.

All of a sudden, we were getting the runt of the litter: a tiny red and white husky with "personality" who didn't really seem like an Olive at all. We ended up naming her Poppy, and our lives have literally never been the same.

I'm not sure if there are enough words in the English language to describe Poppy (aka Satan—said tongue-in-cheek and with love MOST of the time).

Poppy is the antithesis of chill. She has absolutely NO chill. Ever. She screams constantly—and not that deep Husky woo-woo that people narrate on YouTube and everybody finds so charming. No, no… Poppy screeches—loudly and at all times.

She screams when she's happy, she screams when she's tired, she screams when she wants anything: food, water, a belly scratch—which she curiously demands ANY time the car stops moving. And no, I'm not exaggerating. She's actually staring me directly in the eyes as I'm typing and high-pitched whining at me for no reason.

At first, I think we both thought we had just forgotten how hard it was to have a puppy, but when we bumped into our neighbours of 12 years, we realized we weren't overreacting:

"Uhhh, what's with your new Husky?"

Uh oh, I thought. What now?

"I think she's louder than all three of your original Huskies, combined… for all the years you've had them."

Which is basically Poppy in a nutshell: extra in every way to the point of being (borderline) unbearable. Even my in-laws had a no-Poppy rule for a while—and I don't blame them.

At 10 weeks, she decided to make our senior cats her "best friends" and would chase them around the house, growling, play-bowing, and pouncing on them despite all corrections and endless "cool downs" in her kennel. When she tired of that, she tortured, bit, and jumped on our old dogs, which became dangerous as she got older (and stronger) to the point of them needing pain meds, acupuncture, and chiropractic—and ultimately required separate walks.

And that's when she started injuring us. Despite extensive training, when you turned your back to talk to someone on a walk, or check on traffic, or pick up poop, she would get the "zoomies" and literally sprint, full speed in the other direction, almost dislocating your shoulder out of its socket

PHOTOS CINDY HUGHES AT MUDDY LOVE

with her leash. We started visiting the chiropractor too.

And don't get me wrong, despite all of this, we cared about her and FOR her as well as our beloved senior dogs who were 12 and 13 at the time, but we also found it impossible to connect with her and really fall in love with her.

It was pure and utter chaos. And it carried on like this (strained, injurious, and borderline murdersome) for two years—until she almost died.

Last summer, we met up for a hike with our Instagram friends (@ourwildestories) who were in town from Eastern Canada. After spending the first half of the hike apologizing for Poppy's psychosis, we set up camp for lunch beside a beautiful river: three humans, a normal dog, Poppy, and a baby.

It was serene and peaceful and yet, somehow, Satan managed to covertly ingest enough sand (it's a rock beach) to completely block her intestines.

I still don't know how she managed it. She was on leash, she was supervised, and she wasn't actually EATING the sand—she was digging holes and biting the water as it filled back in. And yet, there we were at two a.m. at the emergency vet with a limp and freakishly quiet Poppy.

Terrified, with so few options.

Surgery would put her at risk of getting sand all throughout her abdominal cavity, and every day she didn't pass the blockage put her at risk of sepsis. This was life or death, 24/7.

We spent the next four days moving her from vet to vet, depending on who could give her the best care at any given time of day (we wanted her at our vet during the day and would drive her to Emergency at night). We didn't eat. We slept in our car between transports, and visited her any chance we could.

The game was "Get Poppy to Poop," and we were all failing. Despite endless different medications, enemas, IV fluids, and even acupuncture, she was getting worse. Every morning we would drop her off at our vet with a half-hearted "pray-for-poop" joke, and by mid-day would get the same horrifying update: no poop, but she's so calm and lovely and sits quietly all day.

Poppy quiet and lovely? Something was REALLY wrong.

It was not looking good.

On day five, we brought her home in the afternoon between transports to see our other Huskies and "gently" walk her as instructed by our vet. We walked slowly up and down our street in silence, her weak little frame swaying woozily from medication and lack of food. She was a shell of her former self: her pitiful little body shaved in spots, with IV ports sticking out of both her front legs.

And I remember her looking up at me, eyes glassy with a look of despair in them and just saying to her:

"You are the strongest little s#*! I've ever met. Don't you give up on me now. We have so much we need to catch up on and so much more to do."

And then the most magical thing happened: she circled for what seemed like eternity, she squatted, and all our prayers were answered.

I don't think I've been happier about poop in my life. I was literally running and screaming and crying down the street—the neighbours probably thought I was nuts.

But it wasn't until the next day that we knew she was in the clear. She went back to our vet the next morning as a precaution, to stay on fluids to make sure everything else moved through her. She was scheduled from nine to five, and at three p.m. we got a call from the vet.

It was unscheduled, so at first, we were worried, but then we heard it… heard her.

Screaming so loud from the back of the building that you could hear her through the phone in the front reception area: loud, and violent, and clear. She was back. And I've never been so glad to hear her in my life.

The receptionist seemed less enthused:

"Do you think you might want to come get her early?" she asked, obviously frazzled by her incessant noise.

"Absolutely. We're on our way." ■

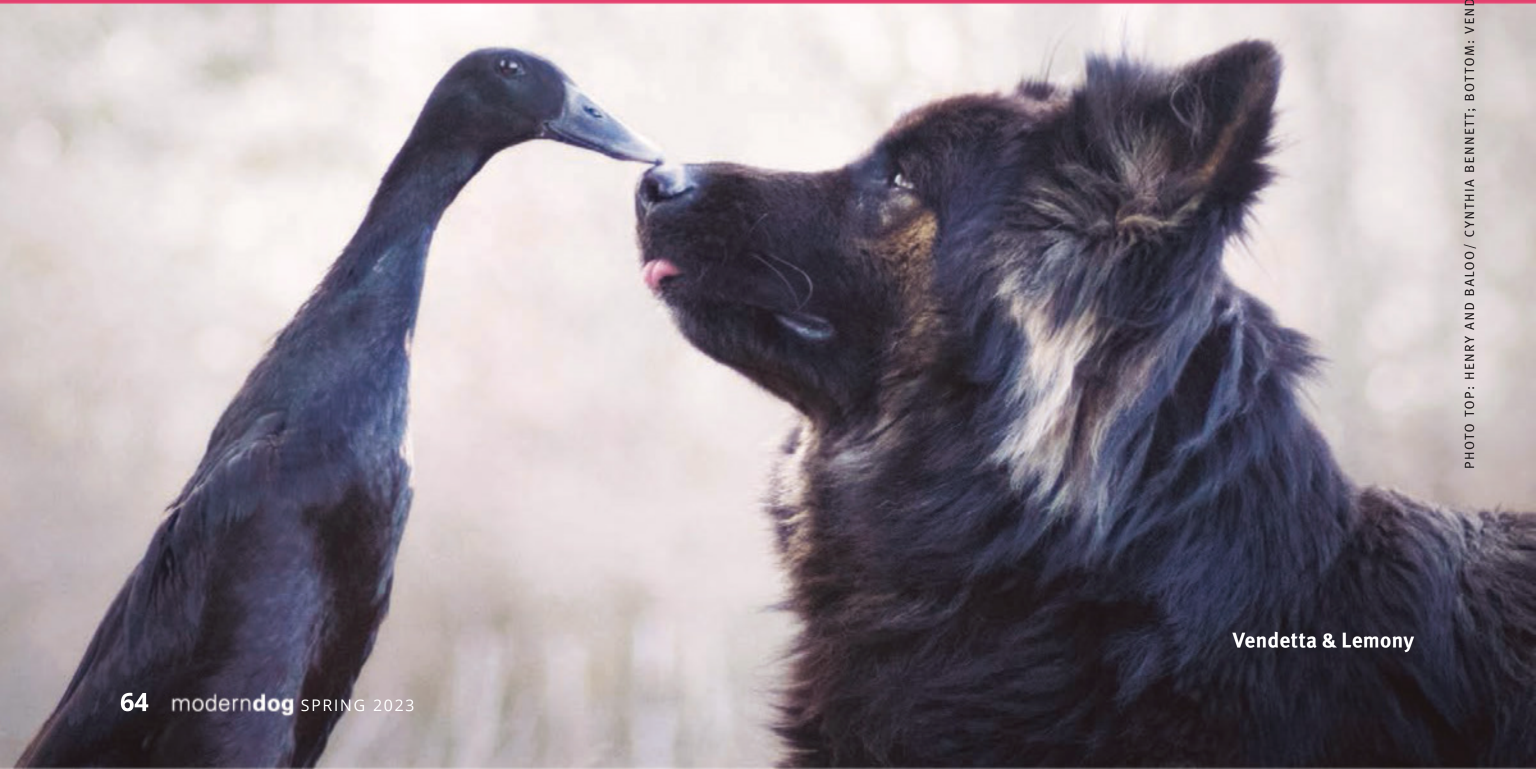
> “IT WAS PURE AND UTTER CHAOS. AND IT CARRIED ON LIKE THIS (STRAINED, INJURIOUS, AND BORDERLINE MURDERSOME) FOR TWO YEARS—UNTIL SHE ALMOST DIED.”

Henry & Baloo

Unlikely Besties

By Tracey Tong

PHOTO TOP: HENRY AND BALOO/ CYNTHIA BENNETT; BOTTOM: VENDETTA & LEMONY/ NATACHA TAMENNE



Vendetta & Lemony

Henry & Baloo

The unlikely friendship between Henry, a Husky/Shepherd mix, and Baloo, a cat, has captivated the Internet, their outdoor adventures earning the adorable besties more than two million Instagram followers. But when Denver-based photographer Cynthia Bennett and her partner Andre Sibilsky first adopted Baloo in 2017, they worried if the then two-month-old kitten, a Siamese/Tabby/Norwegian Forest Cat mix, and their dog, would get along. Though the three-year-old Staffordshire Terrier/Boxer/Heeler/Husky/Shepherd mix was "the strongest, most loyal and caring dog I have ever known," Bennett says, "Henry had never been around cats."

Her concern was for naught. "Their meeting blew us away," says Bennett. "When Baloo saw Henry, he ran over and started to climb all over him. Henry had no idea what this new strange creature was, but was okay with it." Baloo, whose mother had abandoned the litter, "immediately decided that Henry was his mom when they first met," Bennett says. "Everyday, they became closer and closer and became inseparable. Henry really became attached to Baloo when we went car-camping together in Telluride, CO about two weeks after we adopted B. The first morning waking up from camping, when Henry saw that Baloo was still there, he got so excited. We think he was thrilled that his buddy from home was going to be his adventure buddy. After this, we noticed that Henry really took to Baloo, like Baloo had taken to Henry."

Bennett had already been posting Henry's adventures for his 30,000 Instagram followers as @henrythecoloradodog for about a year, but when she began sharing the pets' special friendship forged along the family's outdoor treks across the western United States, the account took off, hitting a million followers within a year. The page currently has 2.3 million followers, and has since inspired Bennett's coffee table book, *Our Wild Tails: The Adventures of Henry & Baloo*, a shop by the same name, and the Henry & Baloo Foundation, a non-profit dedicated to land and wildlife preservation.

Interspecies friendships—especially between animals that have an instinctual hostility toward one another—are rarely formed in the wild, says Dr. Stanley Coren, professor emeritus of psychology at the University of British Columbia and author of *How to Speak Dog, How Dogs Think, and The Intelligence of Dogs.* "However, in captivity, with proxemics—animals living together under controlled circumstances—if the animals are introduced to each other's company young enough, such friendships are not unknown."

Most common is dogs bonding with cats, Coren says. "Surveys indicate that one out of seven dog owners also own one or more cats. Data suggests that in more than ▶

PHOTOTOS HENRY AND BALOO/ CYNTHIA BENNETT PHOTOGRAPHY.

Pan & Baloo

Henry & Baloo

> “When Henry died from T-cell lymphoma in March 2022, “Baloo ran from window to window looking for him while screaming.”

80 percent of these households, there is little conflict.” he says.

Another such pair are best buddies Winston, a German Shepherd/Labrador cross, and his feline friend, Nox. Winston, a general farm dog whose job it is to protect the turkeys, chickens, and sheep at Whatley Acres, a family farm in Newmarket, ON, bonded with Nox when he was a puppy. “Winston, despite being quite a big breed, was terrified of most things as a pup,” says their guardian Lara Whatley. “I remember Winston wobbling over to Nox, tail wagging with all that chaotic energy of a young dog, and Nox seemed to just accept it. He rubbed his cheek against Winston and that was just too much—Winston’s tail was going like a helicopter.” Today, the duo is still inseparable and do farm rounds together.

Bennett, too, recalls the early days with her pets with surprise and delight. “We never expected them to love each other like they did,” she says. “Henry and Baloo played, slept, ate, and hiked together and hung out looking out the window. “They were very rarely separated and by doing everything together, it strengthened their bond that much more.”

When Henry died from T-cell lymphoma in March 2022, “Baloo ran from window to window looking for him while screaming,” says Bennett. “When he wasn’t doing that, he would bury himself under things, making it super hard to find him. It was one of the most heartbreaking things I’ve had to watch.”

A couple of weeks after Henry’s death, his family adopted Pan, a Husky/Malamute/Great Pyrenees mix as a friend for Baloo, who had stopped eating completely. (“It got to the point where we were considering seeking medical help,” says Bennett.) “We like to say Baloo picked his puppy. He got to meet a few and Pan ran up to him and licked his face and Baloo leaned in. Baloo never did this with any other dog but Henry, so we knew he really liked him.” Adoption complete, the couple took the pair back to their hotel where Baloo, to the relief of his pet parents, ate a meal. “Andre and I started crying because Pan literally was saving Baloo,” says Bennett. They are now best friends, although Bennett acknowledges it’s a different relationship.▶

PHOTOS HENRY AND BALOO AND PAN & BALOO/ CYNTHIA BENNETT PHOTOGRAPHY

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Bottle-raised goat Hans and his Saint Bernard friends.

Natacha Tamenne, German Shepherd Vendetta, and Indian runner duck Lemony.

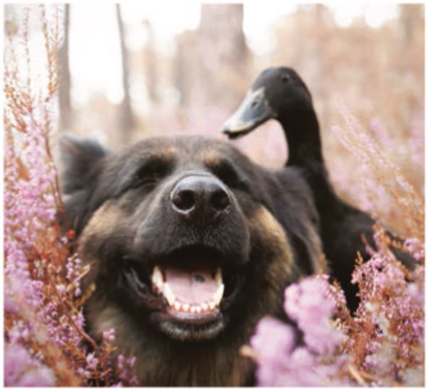
"Henry was Baloo's mom, his caretaker, while Pan is his bestie," she says. "Baloo even has a special trill call for Pan to come play in the front room with him…Pan's also on the submissive, shy side so Baloo watches out for him. It's almost a role reversal from Henry and Baloo."

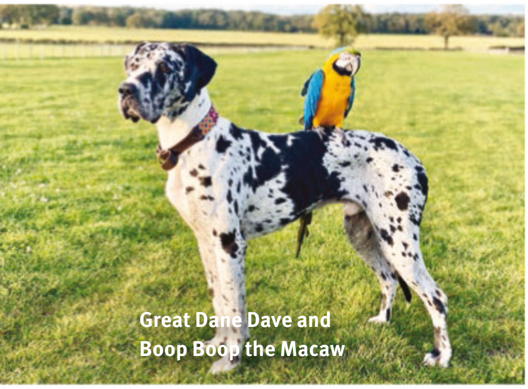
Any friendship between animals is healthy as long as there is no probability of aggressive interactions, says Coren, "or the possibility that the larger one of the pair might inadvertently injure the smaller one, especially if they engage in vigorous play."

But it can work. Just ask Isolde Mattart, whose Saint Bernard, Julie, and her bottle-raised goat, Hans, rose to fame after *The Dodo* covered the story about the two unusual friends. Since then, Belgian media has covered the story extensively.

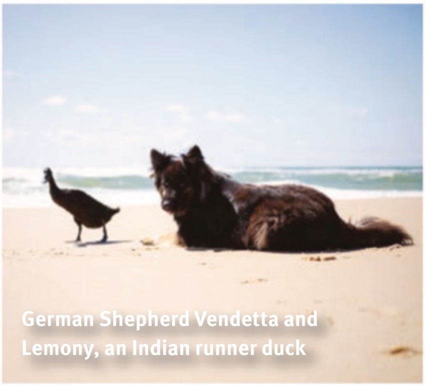
Saint Bernard Julie, now 11, is "the definition of a gentle giant, naturally good-hearted, tolerant, and calm," says Mattart, a business banker who lives in Damme, Belgium. "She's drawn to all kinds of animals, and

PHOTO TOP: ISOLDE MATTART; BOTTOM LEFT: VENDETTA & LEMONY/ NATACHA TAMENNE





Great Dane Dave and Boop Boop the Macaw



German Shepherd Vendetta and Lemony, an Indian runner duck

others are equally drawn to her" but is like a mother to Hans, who was orphaned at birth. The pair cuddles and sleeps together, and Hans "does parkour" on her back, Mattart says.

Animal trainer for film and television, Laura Ingall's pets all get along, and that's not an act. Dave, a Great Dane, and Boop Boop, a two-year-old male Macaw, have a special friendship, but it wasn't love at first sight. "Boop, if allowed, is a big old bully," says Ingall, a Hampshire, U.K.-based director of *Pets on Set* whose credits include Apple TV series *Bad Sisters* and Netflix series *Anatomy of a Scandal.* "He chased poor Dave about who was pretty terrified initially." Now friends, "Boop likes to give Dave mani-pedis and clean his teeth. Dave just lies there and takes it."

Many animals can be trained to get along, says Ingall. "It's all about proper introductions, they have to be done gently and with an understanding of whichever species you're introducing. Body language is everything and knowing when either animal is feeling stressed, overexcited, worried, etc, is key." Ground rules must be laid and followed. "No being a bully, no staring intensely, no chasing, no stalking… calm behaviours from everyone involved is vital." This, says Ingall, "keeps things safe for everyone and they can all relax knowing where they stand."

Natacha Tamenne didn't expect her German Shepherd Vendetta and Lemony, an Indian runner duck, to get along the way they did when she adopted the latter in 2018. "I think it is an unusual combination, as ducks and dogs are biologically very different," says the Villemer, France resident, who has since met friends all over the world with the same species pairing. Following a trip to the river—and discovering a shared love of water—Vendetta and Lemony have become a bonded pair with a strong protective instinct on the part of Vendetta.

"No dog, or anything who seems like a menace, can approach her duck," says Tamenne of Vendetta. As for Lemony, she won't go anywhere without her dog.

More recently, Tamenne added▶

PHOTOS VENDETTA & LEMONY/ NATACHA TAMENNE;
DAVE & BOOP BOOP/LAURA INGALL

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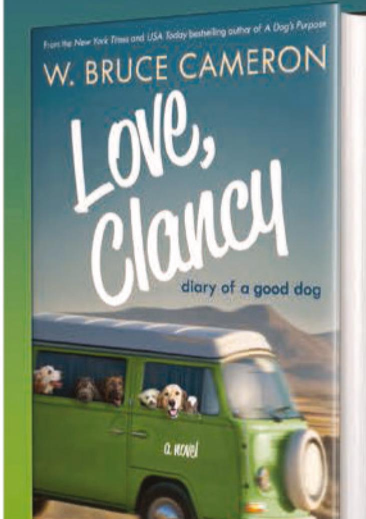
Love, Clancy

diary of a good dog



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W. BRUCE CAMERON BOOKS FORGE

> “Knowing when either animal is feeling stressed, overexcited, worried, etc, is key.”

two rescued pigeons, Grisella and Heldig, to her growing menagerie. “They follow us on our daily walks but also on our journeys or when we just chill on the couch,” she says. “They take their bath in the river with Lemony then take a nap perched on Vendetta.”

Whatever the species, these interspecies friendships have something to teach people. “It gives us that feeling that peace is possible among individuals of different races and creeds,” says Coren.

Bennett was happy to discover that following a period of grief over Henry’s death, the Internet community has embraced Pan. As for Baloo, he hasn’t forgotten Henry despite having a new friend. “We still have a blanket and teddy bear that was Henry’s that Pan isn’t allowed to touch so that when Baloo is missing Henry, he can go over and snuggle ‘him’ and his scent,” says Bennett, who is working on a second book, *Pan + Baloo (& Henry too),* in tribute to these friendships, and the universal love lessons they have to impart. “It doesn’t matter what you look like on the outside,” she says. “It’s about who you are on the inside.” ■

HOW TO INTRODUCE YOUR DOG TO DIFFERENT SPECIES

London-based stunt dog trainer Melissa Millett advises managing animal interactions to always be positive for both. “I do not believe in allowing animals to ‘work it out,’” says the owner of Ultimutts, dog training instructor at In Dogs We Trust and motion picture animal trainer with Hollywoof Stars.

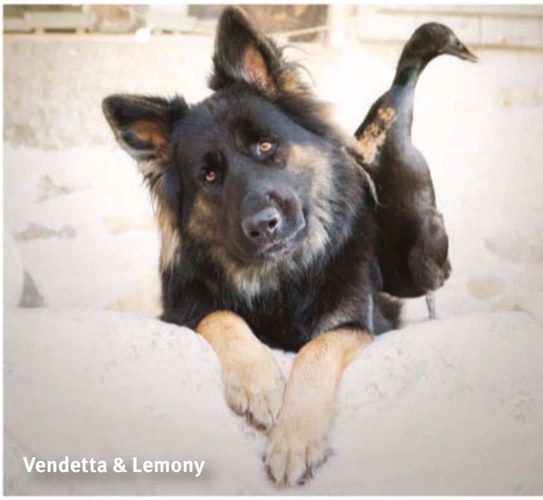
In the case of dogs and cats, Millett advises keeping dogs on leash around cats so that they are never allowed to chase, for as long as it takes. Intense staring at the cat should also be avoided as it can be a scary experience, says Millett. Short supervised interactions with plenty of treats for both animals is best. “Crate and rotate until they are neutral in each other’s space. (This) can help foster a positive relationship.” Two of Millett’s pets, Boston Terrier Lollipop and Bengal cat Sashimi are proof this works, even taking their close relationship—and scooter-riding act—on television’s *America’s Got Talent*.

As for dogs and wild animals, “I would not leave them unattended,” says Millett. “Become really adept at reading body language to ensure that there are no concerning predatory behaviours being missed.”

PHOTOS BOTTOM LEFT AND CENTRE: LAURA INGALL ;BOTTOM RIGHT: NATACHA TAMENNE

Bella, a Jack Russell/Chihuahua rescue, and Chook the crow.

Bella, a Jack Russell/Chihuahua rescue, and Splodge the sheep.


Vendetta & Lemony

PROBLEM SOLVERS

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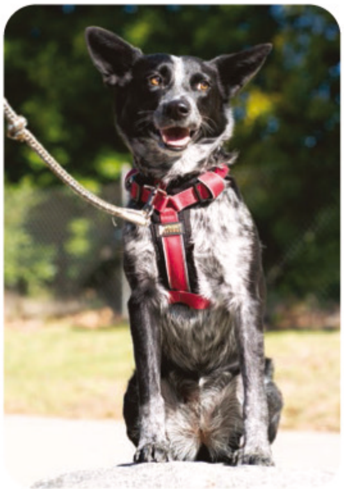
PROBLEM: PET HAIR EVERYWHERE

SOLUTION: You thought you'd tried everything—and you still have a pet hair problem. **Fur-Zoff removes pet hair quickly and effectively,** saving you time and money. *amvllcproducts.com*



PROBLEM: REACTIVITY AND PULLING ON WALKS

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The Best Spring Activities

Fun ideas to get you and your dog moving

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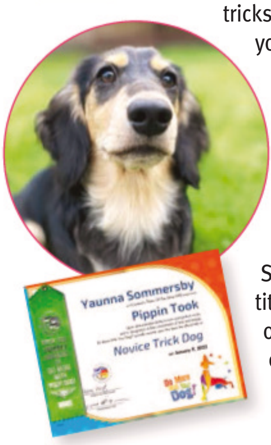
2 **Bike with your dog.** Biking is an ideal way to tire out high-energy dogs that love to run. Safely cycle with your dog with the Bike Tow Leash, which prevents your dog from tipping or steering your bike, letting you enjoy a safe, fun bike ride with your four-legged bestie. This nifty attachment also attaches to trikes, mobility scooters, and wheelchairs. **(from $183, *biketowleash.com*)**

3 **Adventure awaits!** Gear up for hikes, dog walks, and canine adventures of all types with the versatile, sturdy Traveler Harness from BZ Dog Gear. Made from a strong nylon material, this comfortable, well-designed harness features zippered pouches and pockets, two handles, and a ventilated, padded underside. A customizable leather name badge adds the perfect finishing touch. **($55, *bzdoggear.com*)**

4 **Do more with your dog**—like teach tricks! Learning tricks not only engages your dog's mind and provides fun enrichment, but improves your bond. Do More With Your Dog is an amazing online resource and community for learning dog tricks and gaining certifications. You and your pup can work together to earn a variety of Trick Dog titles. Take a look through their free Tricktionary for step-by-step trick descriptions and tutorials, have a Certified Trick Dog Instructor (CTDI) evaluate your tricks in person or via video, and then apply for your dog's title! Join one of their Spark Team Facebook groups for free title evaluations. Modern Dog's clever office-dog Pippin Took has already earned his Novice Trick Dog and Novice Masters Trick Dog titles! Learn more at ***domorewithyourdog.com.***



Yaunna Sommersby

Pippin Took

Novice Trick Dog

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Why Doesn't My Dog Like Other Dogs?

Understanding and addressing why your dog doesn't like other dogs

By Nicole Wilde

If your dog lunges and barks at other dogs on walks or just doesn't seem to appreciate the company of those of his kind, you've probably wondered why. Though it might be impossible to definitively ascertain the underlying cause, especially if your dog was adopted as an adult, usually one—or more—of the following issues is at play.

Breed

Every dog breed has a *breed standard* that states the ideal physical characteristics and describes the general temperament for the breed. This description can tell us a lot about how a dog of that breed might interact with other dogs. Part of the official AKC standard for the Akita, for example, states, "Akitas may be intolerant of other dogs, particularly of the same sex." The Siberian Husky's standard, on the other hand, includes, "…nor is he overly suspicious of strangers or aggressive with other dogs." This makes sense, as Huskies were bred to work together in groups, whereas Akitas originated as hunting and fighting dogs. Of course, even within a breed there are dogs of varying temperaments—not all Akitas are dog-reactive, nor are all Huskies dog-friendly. But understanding the typical personality of your dog's breed or breed mix can provide clues about their attitude toward other dogs.

Socialization

Early, careful exposure to other dogs—or the lack of it—can play a huge role in how friendly a puppy will be toward other dogs later in life. A pup who has had plenty of positive interactions with other dogs during the first three months of life is much less likely to become dog-reactive or dog-aggressive as an adolescent or adult than a dog who did not have the benefit of early socialization.

Traditionally, puppy owners were advised to keep their pups away from others until the age of four months when all vaccinations were complete. But the American Veterinary Society of Animal Behavior (AVSAB) now acknowledges that although puppy immune systems are still developing during the early months of life, "the combination of maternal immunity, primary vaccination, and appropriate care makes the risk of infection relatively small compared to the chance of death from a behaviour problem." Accordingly, they now advise that puppies can start socialization classes as early as seven to eight weeks of age. In other words, the risk of physical illness from exposure is outweighed by the benefits early socialization conveys. Think of it as giving your puppy a dose of preventive behavioural immunity! Beyond meet and greets, you can also introduce your puppy to carefully chosen play partners. When introducing your puppy to another dog, always meet on neutral territory, avoid tension on the leash, and monitor the body language of both dogs carefully.

Trauma

Just like people, dogs can have lasting trauma after a frightening incident. A dog who was attacked by another dog could develop fear-based reactivity toward that type of dog, or toward other dogs in general. Even a dog who loves to play with

PHOTO TOP RIGHT: IRENE CASTRO/ SHUTTERSTOCK; INSET PHOTO: TOM HARPER/ SHUTTERSTOCK; ILLUSTRATIN MUCHMANIA/ SHUTTERSTOCK

ILLUSTRATIN MUCHMANIA/ SHUTTERSTOCK

other dogs could become dog-reactive after being attacked at the dog park. This is one reason it is imperative to use caution when choosing how to expose your dog to others. Exposing your puppy or adult dog to others via carefully managed one-on-one play dates is safer than visiting an unregulated dog park. If your puppy does have an unpleasant interaction with another dog, give it a few days before exposing him to others again. Certain stress hormones can remain in the system for several days, and you want your puppy to feel as relaxed as possible. Then carefully bring him around dogs you know to be calm and friendly.

> “They now advise that puppies can start socialization classes as early as seven to eight weeks of age.”

Physical Issues

Physical or medical issues can play a part in how a dog reacts to others. An older dog who has arthritis pain in the hips, for example, is not likely to appreciate being hip-checked during play. A dog who has vision impairment may not see other dogs coming until they are at close range, and become startled and reactive. A dog who has any sort of ongoing medical issue where he does not feel his best may not appreciate the company of other dogs as much as a healthier dog might.

Predation

If your dog is only reactive to small dogs, the behaviour may not be true reactivity, but, rather, what is known as *predatory aggression*. The term is actually a misnomer, as there is no aggression involved in predation. A dog who chases a bunny is not angry with the poor rabbit, but is simply following his genetic programming. Dogs of certain breeds—herding and hunting breeds in particular—are more likely to be predatory than others, and although the focus of predation is more commonly small animals, such as mice and squirrels, there are dogs whose predatory drive is triggered by small dogs.

Leash Frustration

Some dogs are friendly toward other dogs and even enjoy playing with them, but once leashed, they lunge and bark at dogs who pass by. This is known as *leash frustration*. A leash prevents a dog from getting where he wants to go, which can be especially frustrating for dogs who have a low frustration tolerance. A leash also prevents a dog from escaping, so a fear-reactive dog may feel he has no other choice but to defend himself by driving the other dog away. In addition, when dogs are at liberty, they normally approach each other in an arc rather than head on, and then sniff to check each other out. A dog who is leashed is prevented from doing so. On-leash greetings usually begin with a direct, head-on approach, which can appear threatening. Solving dog-dog reactivity is explained in depth in my book *Help for Your Dog-Reactive Dog* but in a nutshell, the solution involves a combination of management, training, and behaviour modification. For behaviour modification, you might start with a handful of super tasty treats at a distance at which your dog is comfortable. Start feeding treats as soon as your dog sees the other dog. When the dog disappears, so do the treats. Dogs must learn that other dogs are nothing to fear and therefore nothing to react toward, while also learning acceptable alternative behaviours to lunging and barking.

The good news is that regardless of why your dog doesn’t like other dogs, dog-reactive behaviour is usually fear-based, and with the proper training and behaviour modification, can be helped. ■

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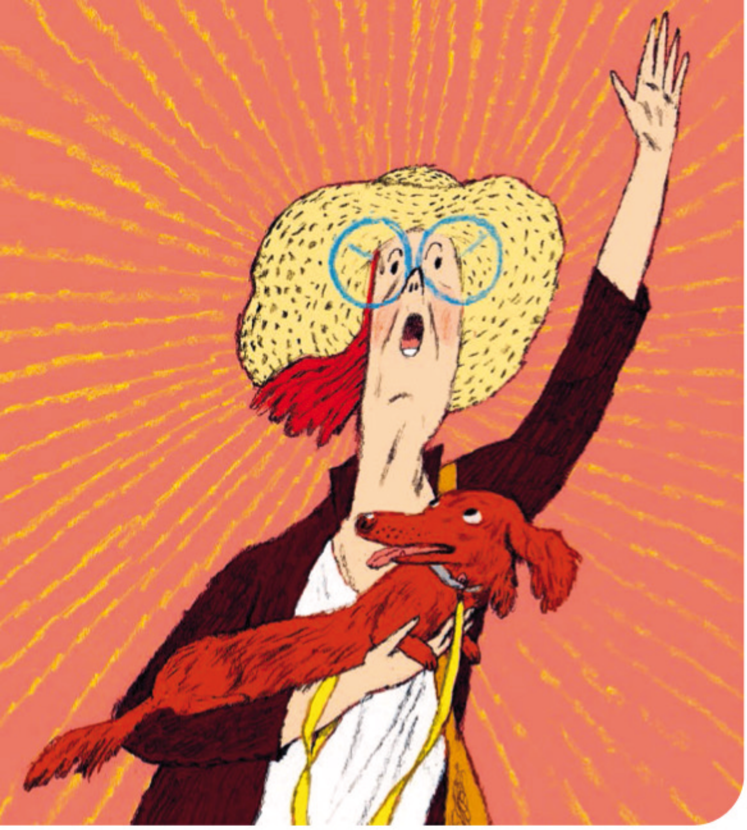
CONNIE'S BOOK CLUB

Editor-in-Chief Connie Wilson's Spring selection of must-read books for dog lovers



Hot Dog © 2022 by Doug Salati

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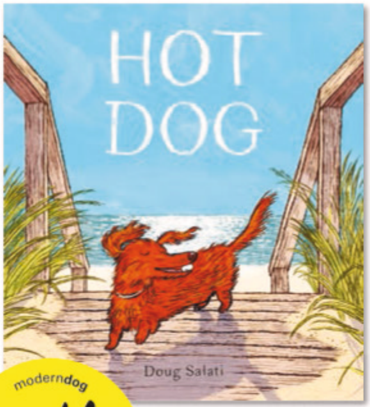
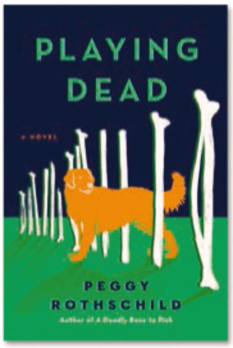

HOT DOG
Doug Salati

moderndog Highly Recommend

Hot Dog

By Doug Salati

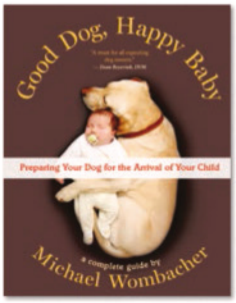
This joyful book captures the essence of summer escape delighting readers young and old alike. When an overheated pup flees the sizzling city sidewalks for a restorative seaside jaunt, he carries home the calm and cool, reminding us how to keep our center and find the small charms in every day.


PLAYING DEAD
A NOVEL
PEGGY ROTHSCHILD

Playing Dead

By Peggy Rothschild

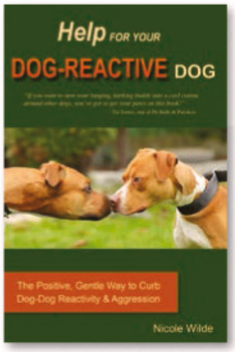
Former PI Molly Madison is back to solve another mystery! She's barely settled into her new life in the sleepy California beach town when a murder at the local dog-training academy has her putting her skills as an ex-cop to the test. A colourful cast of characters, including her Saint Bernadoodle Noodle and Golden Retriever Harlow, an agoraphobic neighbour, a boyfriend hiding something, and a friend arrested as a suspect leaves Molly with her hands full—and questioning who to believe. A doggone delightful mystery.


Good Dog, Happy Baby
Preparing Your Dog for the Arrival of Your Child
a complete guide by
Michael Wombacher

Good Dog, Happy Baby: Preparing Your Dog for the Arrival of Your Child

By Michael Wombacher

Is your family getting ready to welcome a baby? Don't forget to prepare your dog as well! Dog trainer Michael Wombacher has created an essential, easy-to-use guide filled with simple instructions, illustrations, and invaluable advice for getting your dog ready to meet the new arrival. Positive, practical methods will set both dog and baby up for a happy, successful relationship!


Help FOR YOUR
DOG-REACTIVE DOG
The Positive, Gentle Way to Curb Dog-Dog Reactivity & Aggression
Nicole Wilde

Help For Your Dog-Reactive Dog

By Nicole Wilde

Struggling with your dog's reactivity and aggression? In *Help for Your Dog-Reactive Dog*, author and Canine Behaviour Specialist Nicole Wilde provides proven tips, tricks, and techniques for gently and effectively curbing your dog's reactivity. Covering a wide variety of issues and packed with actionable advice, this book will help you get back on the right track so you and your dog can enjoy time out together!

W. BRUCE CAMERON
Love, Clancy
diary of a good dog
a novel

Love, Clancy: Diary of a Good Dog

By W. Bruce Cameron

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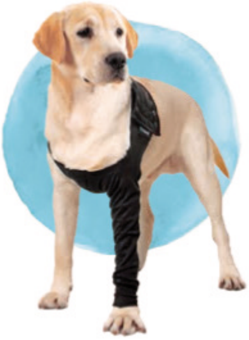

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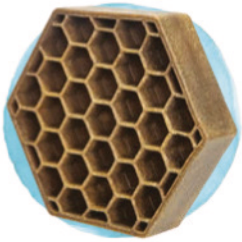

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According to the most recent AKC registration statistics

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[2]	French Bulldog
[3]	Golden Retriever
[4]	German Shepherd Dog
[5]	Poodle
[6]	Bulldog
[7]	Beagle
[8]	Rottweiler
[9]	German Shorthaired Pointer
[10]	Dachshund
[105]	Japanese Chin

JAPANESE CHIN

This utterly charming, affectionate breed will steal your heart!

By Kelly Caldwell

With that astonished expression and elegant gait, this charming little dog can't help but make people smile. This is an adorable breed with noble carriage that hints at aristocratic origins. Is the Japanese Chin right for you? Let's find out.

Early History

Despite what the name may suggest, the Japanese Chin did not originate in Japan. The breed's actual origin was in China... or perhaps Korea. Like many ancient breeds, its roots are debated. What's clear is that these dogs are nobility—they were presented to Japanese royalty as gifts during the Silla Dynasty in 732 AD. Royal family members owned, cherished, and developed the breed we know today.

The Japanese Chin was a well-kept secret, all but unknown outside of Japan until the mid-1800s, when trading between Japan and other countries reopened. Often, one of these special little dogs was presented as a gift to solidify trade relations. As a result, the Japanese Chin slowly made its way to various parts of the world where, not surprisingly, the breed got plenty of attention.

Dogs of Royalty

As they'd been in Japan, the Chin was a prized possession in England, serving primarily as a doting lapdog for royalty and members of the aristocracy. In 1863, King Edward VII presented his wife with a Japanese Chin. She was positively besotted with her pet and became a lifelong Chin fancier. Her devotion to the breed was pivotal in its increasing popularity in Europe and North America.

PHOTO KOLDUNOVAAA/BIGSTOCK.COM

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Evolution of the Standard

The Japanese Chin was recognized by the American Kennel Club (AKC) in 1888. Breed Standard notes this is a small dog with a height ranging between eight and 11 inches at the withers. The head is wide, and the body is straight. A silky coat drapes elegantly over the body, and the long tail—often described as having the appearance of a flower in bloom—is carried over the back. The AKC accepts the breed in black and white, red and white, or black and white with tan points. The mark on the forehead—typically a blaze or line—is believed by many to represent the touch of Buddha.

An alert, inquisitive expression is key to the breed, and emphasized in the Standard. Without question, the Japanese Chin has one of the most perpetually astonished faces in the dog world. Those large, round eyes simply exude character, as does this breed's personality!

Fun Facts

- **The Japanese Chin actually originated in China.**
- **They were the companions of royalty.**
- **They were bred to be as small as possible—small enough to fit in the sleeve of a woman's kimono.**

Get to Know the Japanese Chin

- ✓ **Small—gentle handling is important**
- ✓ **Calm and confident**
- ✓ **Often described as cat-like**
- ✓ **Lap-dog extraordinaire**
- ✓ **A real performer who likes to learn tricks**
- ✓ **Eager to please, but has a stubborn streak**
- ✓ **Medium energy—happy to simply snuggle**

What Is It Like to Live with a Japanese Chin?

You often hear people talk about the Japanese Chin as cat-like. This reputation stems from a few traits, including the fact that—while they'll likely bark to announce someone's arrival—these dogs are typically quiet in the home. Also, like cats, Japanese Chin like to clean their faces with ▶

PHOTOS TOP KATAMOUNT/SHUTTERSTOCK; BOTTOM LEFT DMYTRO/SHUTTERSTOCK

> The mark on his forehead—typically a blaze or line—is believed by many to represent the touch of Buddha.

their paws, have a particular affinity for being perched on high places, and have a quirky habit of hiding in unexpected spots around the home.

The Chin is an affectionate and loyal dog—the breed's roots as a lapdog are well established—and today's Japanese Chin is happy to continue in that role and take in as much love and affection as you can offer. Around the home, they're generally calm and mild-tempered.

Training and Socializing Your Japanese Chin

The Japanese Chin is intelligent and good-natured. As with all dogs, early socialization will serve them well. The goal is to ensure their confident nature extends beyond the comfort of your home—and lap!

The Chin does have a reputation for being a bit stubborn, so early positive-reinforcement training is important. Patience and a commitment to training will yield rewards. The well-mannered, well-socialized Japanese Chin is a joy to be around.

Activities and Fun

This breed has earned a reputation for being quite an entertainer, which stands to reason given its roots as a companion to Japanese royalty. Delighting people seems to come naturally to the Chin, and they're well known for their ability to learn a variety of tricks.

A jogging companion, this is not—but they're a great choice for those interested in other fun canine activities, such as Obedience, Agility, or Rally.

Caring for Your Japanese Chin

The Japanese Chin is a single-coated breed whose coat can take a few years to fill out. Caring for and grooming this dog isn't complicated.

Like other brachycephalic (short-faced) breeds, the Japanese Chin should not be exposed to extreme heat. Those oversized eyes can be prone to scratches and other issues. As with all purebreds, they are prone to some genetic diseases. If you're thinking about sharing your life with a Japanese Chin, rescue or be sure to work with a conscientious breeder who is committed to health testing and producing puppies with sound temperaments.

Clever, full of affection, and utterly adorable, it's a good thing that the Japanese Chin is no longer a breed reserved just for the upper crust. From their aristocratic beginnings to the comfort of your own lap, the elegant Japanese Chin is truly a treasure in every sense of the word. ■

Profile: Japanese Chin

Size: Small. Weighs 7 to 11 pounds and ranges from 8 to 11 inches at the tallest point on the withers.

Activity level: ● ● ○ ○ ○

Playful and loves to learn tricks. A daily walk and some playtime will keep the Chin fit and content.

Grooming: ● ● ○ ○ ○

Moderate. Regular brushing and occasional bathing are all that are typically needed for this single-coated breed.

Heritage: Originally a prized companion reserved for Japanese nobility.

For more information on Japanese Chin rescue in the United States and Canada, visit *japanesechinrescue.org*.

If you like the Japanese Chin, you might also consider the...

Pekingese

English Toy Spaniel

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For more breed profiles, go to *moderndogmagazine.com/breeds*

PHOTO TOP RIN SEIKO/ SHUTTERSTOCK

BOTTOM INSET PHOTOS: LEFT AND CENTRE ANGIE KERINS © AMERICAN KENNEL CLUB; RIGHT THOMAS PITERA © AMERICAN KENNEL CLUB.

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Tiny Dog Stories

Dog love in short form: miniature, reader-submitted dog stories of no more than 100 words.

Time for Bed

Viviane, my guide dog, is easier to tuck into bed than my children ever were. I simply say, "Go to bed," and my devoted yellow Lab turns tail mid-step and curls onto her favourite pad. With gratitude, I ease onto my knees and reach out to stroke her fit form. She shudders when I whisper "good dog" into her velveteen ear. She lets out a slow sigh and offers her soft tummy to me. I indulge pretty Viviane with the soothing belly rub she deserves. Vivi works hard. Without hesitation, she enhances my happiness each day.—***Marcia J. Wick***

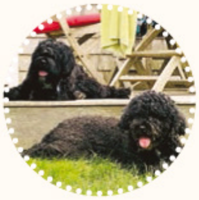
The Life Changing Love of a Dog

My son has autism and at a very young age he had a hard time navigating the world. Then we got a therapy dog, Wallaby, who helped him to navigate through the loud noises, bright lights, and life's intense moments. She was our angel; his best friend. She watched him grow and stayed with us as long as she could. From the first moment that she was part of our family, she was on call and never took her eyes off of my son. Wallaby is missed every day. She changed all our lives and was loved with our hearts.—***Tracy Hadar***

Home

A rescued guard dog, there were no takers. He was on borrowed time. A docile dog, but not readily friendly, they said. He'd had a tough life. Me too. We called him Dweezil. His first sniff of the UK, Hertfordshire countryside air, and we could barely stop him running and bouncing joyfully around like a puppy. That was ten years ago. A big, strong, gentle soul, he has been there with us since. My kids have grown and gone, now he'll be gone soon too, and I don't know what I will do then. I really don't know.— ***Raymond Dunthorne***

The Dog Bed

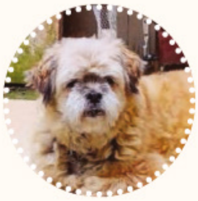


In bed, the duvet pulled to our chins, my husband and I call, "Come be cozy. Doggies?" We hear them bound up the stairs and click-clack on the floor.

Lily, the puppy, leaps on the bed from the doorway, turns in circles and nestles on my legs. Mayzie, the more mature Portuguese Water Dog, launches up and over me, curling up under my husband's arm.

Cuddling with our dogs, we don't worry about work, health, aging parents or grown kids. My husband and I slide our hands towards each other. Lights off, hands held, dogs quiet, sleep comes.—***Morgan Baker***

Lessons In Love



A little three-year-old Lhasa Apso mix named Logan came into my life from a horrific hoarding situation. It took him a while to master what grass was and that fireflies weren't trying to kill him. That the barn cat ALWAYS wins and the moon will not go away no matter how long you bark. And that there will always be food and water—and treats. He now knows I will always love him. This was an unusual training/learning curve for both of us. Hoarded dogs need a tremendous amount of patience. He's turned out to be the most wonderful dog.—***C.L. Fogle***

A Queen Coronated

Olive was always on the back burner. Adopted as a companion for our spoiled pug Hazel, she accepted her status as little sister, the Princess Margaret of the Pug world.

Hazel passed away last year and Olive was lost… and frightened. Crying when left alone, Olive grieved. After a proper mourning period, Olive showed a spark. She moved up into Hazel's former rank and was coronated Queen. With the crown now upon her head, she moves through her days with pride and happiness. She still misses her big sister and carries her torch with dignity.—***Dennis Buonagura***

Get published in Modern Dog! Submit your dog story of no more than 100 words (word count strictly enforced) to ***tinydogstories@moderndogmagazine.com.*** *By submitting, you are consenting to publication of your story.*

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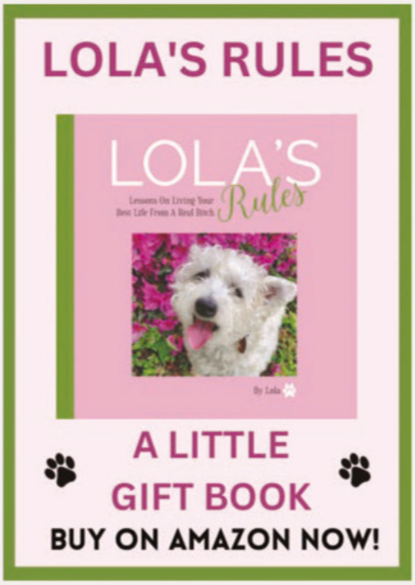
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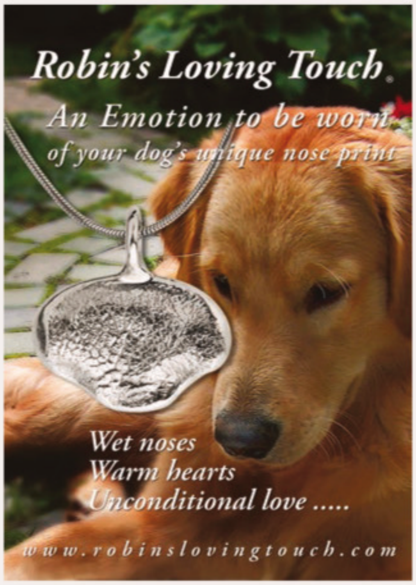
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9 INTERESTING DOG FACTS

Fascinating dog trivia and little-known canine facts

By Rose Frosek

The Oldest Dog Breed

The Saluki holds the *Guinness World Record* for the world's oldest known domesticated dog breed, believed to have emerged in 329 BC. Salukis were revered in ancient Egypt, where they were kept as royal pets and mummified after death. In Southern Iraq, there are carvings closely resembling a Saluki that date back to 7000 BC.

Popcorn Toes

If your dog's feet smell like popcorn or corn chips, fear not. A subtle tortilla smell is completely normal and likely the work of the bacteria proteus or pseudomonas. Dogs have a lot of bacteria and yeast that grow in the folds and pockets of their paws. If the smell is light and your dog isn't worrying about his paws, all is good.

Family's Dog Helped Inspire *Jedi* Ewoks

Ewoks, the beloved furry *Star Wars* creatures from the 1983 film *Return of the Jedi*, were partly designed with Lucas' family dog in mind, the filmmaker told a Canadian court during his testimony as a defendant in a 1990 copyright infringement case.

Butt Sniffing Serves a Purpose

Though somewhat distasteful, butt sniffing is standard canine greeting protocol. It's like asking, "Who are you, and where have you been?" From a whiff of a backside, your dog can ascertain the other dog's gender, mood, what they've been eating, and mating potential.

Beatles Song Contains Frequency Only Dogs Can Hear

In a 2013 interview, Paul McCartney revealed a bizarre fact about The Beatles' *Sgt. Pepper's Lonely Hearts Club Band* album: it contains a sound only detectable by dogs. "We put a sound on Sergeant Pepper only dogs can hear," shares McCartney. "If you ever play Sergeant Pepper, watch your dog." The high-frequency 15 kilohertz sound can be detected by canines but not the human ear and is found on the final track of the album, 'A Day in the Life.'

Dogs Get Jealous

If you've ever thought your dog was jealous, you've likely been right. A 2014 study demonstrated that dogs do feel put out when you give attention to other dogs.

Super Nose

Bloodhounds can follow tracks that are over 300 hours old and have been known to stick to a trail for more than 130 miles. So strong is their drive to track that they will only relent once they've found the source of the smell or the trail's gone cold.

Smarter Than Your Average Bear

The average dog can learn 165 words and signals, while "super dogs" (those in the top 20 percent of dog intelligence) can learn up to 250 words, says Dr. Stanley Coren, a psychologist and expert on dog intelligence.

ALL you NEED IS A DOG

Dogs Can Read Your Mood

Your dog knows how you feel. A 2016 study from the universities of Lincoln and São Paolo found that dogs can understand and respond to the emotions on human faces—even in photographs!

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RECONCILE® (fluoxetine hydrochloride) Chewable Tablets For complete prescribing information, see full package insert. **Caution:** Federal law restricts this drug to use by or on the order of a licensed veterinarian. **Indications:** RECONCILE chewable tablets are indicated for the treatment of canine separation anxiety in conjunction with a behavior modification plan. **Contraindications:** RECONCILE chewable tablets should not be used in dogs with epilepsy or history of seizures, nor given concomitantly with drugs that lower the seizure threshold (e.g., phenothiazines). RECONCILE chewable tablets should not be given in combination with, or within 14 days of discontinuing, a monoamine oxidase inhibitor (MAOI). RECONCILE chewable tablets are contraindicated in dogs with a known hypersensitivity to fluoxetine HCl or other SSRIs. Observe a 6-week washout interval following discontinuation of therapy with RECONCILE chewable tablets prior to the administration of any drug that may adversely interact with fluoxetine or its metabolite, norfluoxetine. **Human Warnings:** Not for use in humans. Keep out of reach of children. In case of accidental ingestion seek medical attention immediately. **Precautions:** RECONCILE chewable tablets are not recommended for the treatment of aggression and have not been clinically tested for the treatment of other behavioral disorders. Studies in breeding, pregnant or lactating dogs and in patients less than 6 months of age have not been conducted. Seizures may occur in dogs treated with RECONCILE chewable tablets, even in dogs without a history of epilepsy or seizures (see **Adverse Reactions**). Before prescribing RECONCILE chewable tablets, a comprehensive physical examination should be conducted to rule out causes of inappropriate behavior unrelated to separation anxiety. RECONCILE chewable tablets have not been evaluated with drugs that affect the cytochrome P450 enzyme system and should be used with caution when co-administered with any drug that affects this system. Studies to assess the interaction of RECONCILE chewable tablets with tricyclic antidepressants (TCAs) (e.g., amitriptyline, clomipramine) have not been conducted. The minimum washout period to transition dogs from TCAs to RECONCILE chewable tablets has not been evaluated. Data demonstrate that TCAs are cleared 4 days following discontinuation.[1,2] **Adverse Reactions:** In two North American field studies involving 427 dogs, the following adverse reactions were observed at a rate of $\geq$ 1% in dogs treated with RECONCILE chewable tablets ($n=216$): calm/lethargy/depression (32.9%), decreased appetite (26.9%), vomiting (17.1 %), shaking/shivering/tremor (11.1 %), diarrhea (9.7%), restlessness (7.4%), excessive vocalization (including whining) (6.0%), aggression (4.2%), otitis externa (2.8%), disorientation (2.3%), incoordination (2.3%), constipation (1.4%) and excessive salivation (1.4%). **Other adverse reactions:** ***Seizures:*** One of 112 dogs in the control group and three of 117 dogs that received RECONCILE chewable tablets experienced the serious adverse reaction of seizures during or after the end of the treatment period. One dog that was treated with RECONCILE chewable tablets experienced two seizures 10 days after the end of therapy and, despite escalating phenobarbital doses, died in status epilepticus approximately six months after the first seizure. In the second study, one of 99 dogs treated with RECONCILE chewable tablets and one of 99 dogs treated with the control tablet experienced the serious adverse reaction of seizures. Lastly, in a European multi-site study, one dog treated with a daily dose of 0.4 mg/kg for one month experienced one seizure one week after discontinuing therapy. ***Weight loss:*** In field studies, a weight loss $\geq$ 5% (relative to pre-study body weight) was observed in 58 (29.6%) of dogs treated with RECONCILE chewable tablets and 24 (13.0%) of control dogs. No dogs were withdrawn from clinical studies due to weight loss alone. **Dose reduction:** Twenty dogs in the RECONCILE chewable tablet group and five control dogs required a dose reduction due to unacceptable adverse reactions, the majority intermittent and mild, generally anorexia, vomiting, shaking and depression. Lowering the dose eliminated or reduced the severity of these reactions in the RECONCILE chewable tablet group only, while resumption of the full dose resulted in a return of the initial adverse reactions in approximately half the affected dogs. One dog experienced recurrence of severe adverse reactions, which necessitated withdrawal from the study. Additionally, two dogs required a second dose reduction of RECONCILE chewable tablets. **Post Approval Experience (Rev. 2010)**: The following adverse events are based on post-approval adverse drug experience reporting with RECONCILE® chewable tablets. Not all adverse reactions are reported to FDA CVM. It is not always possible to reliably estimate the adverse event frequency or establish a causal relationship to product exposure using this data. The following adverse events are listed in decreasing order of reported frequency: decreased appetite, depression/lethargy, shaking/shivering/tremor, vomiting, restlessness and anxiety, seizures, aggression, diarrhea, mydriasis, vocalization, weight loss, panting, confusion, incoordination and hypersalivation. For a copy of the Safety Data Sheet (SDS) or to report suspected adverse drug events, contact Pegasus Laboratories at 1-800-874-9764. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or www.fda.gov/reportanimalae. **Effectiveness:** In one randomized multi-centered, double-blinded, vehicle-controlled study of 8 weeks' duration, 229 dogs were evaluated at 34 investigative sites in the United States and Canada. One hundred seventeen dogs were randomized to 1-2 mg/kg/day of RECONCILE chewable tablets and 112 dogs were randomized to the control group. Both groups underwent concurrent behavior modification. In seven of the eight weeks, the percentage of dogs with improved overall separation anxiety scores was significantly higher ($p < 0.05$) among dogs treated with RECONCILE chewable tablets compared to dogs that received the control tablet. At the end of the study, 73% of dogs treated with RECONCILE chewable tablets showed significant improvement ($p=0.010$) as compared to 51% of dogs treated with behavior modification alone. Dogs treated with RECONCILE chewable tablets also showed improvement in destructive behavior, excessive vocalization and restlessness over dogs that received the control tablet. In addition, dogs in both groups experienced improvement in inappropriate urination, inappropriate defecation, excessive salivation, excessive licking/grooming, shaking/shivering and depression. Overall separation anxiety severity scores improved more rapidly for dogs taking RECONCILE chewable tablets than those dogs receiving the control tablet. The same effect was also noted for the individual scores for excessive vocalization and depression. **To obtain full product information please call 800-874-9764 or visit Reconcile.com • 10-2017S • Approved by FDA under NADA #141-272 • Pegasus Laboratories, Inc.**

[1] Plumb DC. Amitriptyline. Veterinary Drug Handbook 5th Edition (Pocket Edition). Iowa State Press. Ames, IA. Page 39, 2002. [2] Hewson CJ, et.al. The pharmacokinetics of clomipramine and desmethylclomipramine in dogs: parameter estimates following a single oral dose and 28 consecutive daily doses of clomipramine. J Vet Pharmacol Therap 21:214-222, 1998.

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